

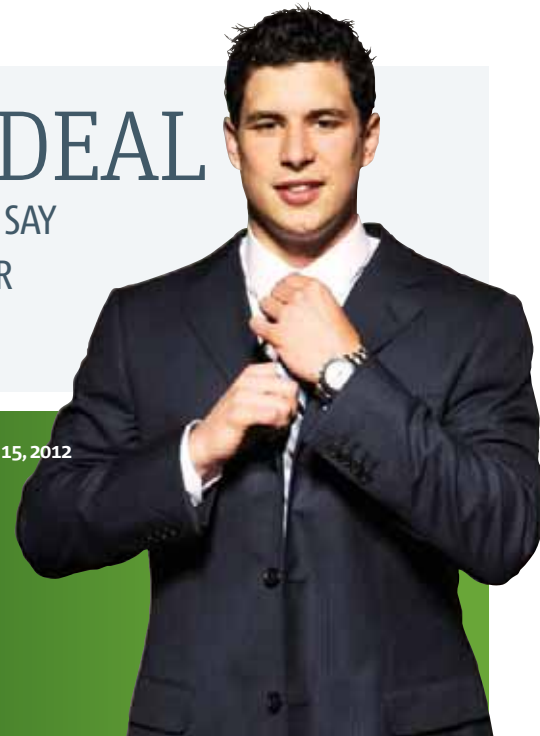


Under the sea in Mexico

Discover Mexico's top five underwater spots, including Gordo Banks, where you can dive with the hammerhead sharks **PAGE 17**

LET'S MAKE A DEAL

SIDNEY CROSBY AND OTHER NHL STARS SAY THEY'RE WILLING TO TAKE LESS IN THEIR FIRST OFFER TO THE LEAGUE **PAGE 33**



OTTAWA

metro

®

Wednesday, August 15, 2012



metronews.ca | twitter.com/metroottawa | facebook.com/metroottawa

Riders call for cameras on buses

Para Transpo. Employee screening demanded after ex-driver convicted of raping passenger



JOE LOFARO
joe.lofaro@metronews.ca

Para Transpo users are questioning the safety of the buses they use to get around after a former driver was sentenced to four years in prison Tuesday for raping a female passenger.

Victor Fuentes, 54, pleaded guilty in February to sexually assaulting a 26-year-old passenger, who has cerebral palsy, while on board his bus in May 2011.

Sue Clark-Wittenberg, a Para Transpo client of 12 years, was at the Ottawa courthouse Tuesday with her husband, Steve Wittenberg.

She said she knows Fuentes, and feels lucky that it did not happen to her.

Feeling betrayed, Clark-Wittenberg said she plans to attend the next transportation committee meeting to question Para Transpo's screening

process for drivers and to demand cameras be installed on buses.

Her husband, who is also a Para Transpo client, said he is just as shocked to learn what Fuentes did and will join his wife at city hall.

"This is a horrendous and heinous crime that should not have (been) committed by someone who has a trust of taking care of vulnerable people and taking them from point A to point B," said Clark-Wittenberg.

That breach of trust was a factor in Judge Ann Alder's decision, which she read aloud in the courtroom on Tuesday.

Fuentes suffers from post-traumatic stress disorder and had depressive moments in his life, said Alder.

But she disagreed with the notion he should be held to a lower standard because of his mental state.

"He was fully aware of what he was doing," said Alder.

Conditions attached to his sentence prohibit him from communicating with the victim or her mother and possessing weapons for 10 years.

Fuentes will be registered as a sex offender for 20 years.



Steve Wittenberg and his wife, Sue Clark-Wittenberg, are questioning Para Transpo's screening process for drivers and want cameras installed on buses after a former driver was sentenced Tuesday to four years in prison for raping a passenger. **JOE LOFARO/METRO**

Buy ethnic food and save

Beat food-price hike by buying unprocessed beans, rice, and corn: Nutritionist **PAGE 4**

Youths face off with police

Violence erupts in France as young men riot, leaving at least 16 officers injured **PAGE 8**



RBC Royal Bank®

**Advisors available at your convenience.
By phone. In branch. At a coffee shop.**

Call **1-800-769-2511** to talk about your goals and how to get there.

Advice you can bank on™



ROGERS™
authorized dealer

BELLEVILLE

324 North Front St.
(613) 969-0120

BROCKVILLE

2399 Parkdale Ave.
(613) 345-3161

CORNWALL

Cornwall Square
(613) 936-2083

GLOUCESTER

Gloucester City Centre
1980 Ogilvie Rd., Unit 136
(613) 842-7285

KANATA

Hazeldean Mall
(613) 271-1153
Kanata Centrum
Shopping Centre
(613) 599-9690

KINGSTON

Cataraqui Town Centre
(613) 634-9897
Kingston Centre
(613) 546-6043
122 Princess St.
(613) 549-0315

NEPEAN

130 Riocan Ave.
(613) 823-9240

ORLEANS

2020 Lanthier Dr., Unit E2
(613) 590-0289

OTTAWA

901 Carling Ave.
(613) 238-7533
104 Bank St.
(613) 230-0202
1465 Merivale Rd.
(613) 224-9222
205 Richmond Rd.
(613) 724-2674
1719 St. Laurent Blvd.
(613) 276-8585

PEMBROKE

670 Pembroke St. W
(613) 732-1602
1100 Pembroke St. E, Unit 210
(613) 732-1602
3435A Petawawa Blvd.
(613) 732-1492

ROGERS™ **4G**

NEPEAN

Bayshore Shopping Centre
(613) 726-7665

OTTAWA

2121 Carling Ave., Unit 87
(613) 798-1946
1200 St. Laurent Blvd., Unit 248
(613) 746-8546
50 Rideau St., Unit 327C
(613) 232-4800
110 Place D'Orleans Blvd., Unit 190
(613) 590-2237

2269 Riverside Dr., Unit 44
(613) 737-2071

OTTAWA

690 Bank St.
(613) 668-5499
BELLEVILLE
Quinte Mall
(613) 969-2130

**BONUS
UNLIMITED INTERNET
FOR 3 MONTHS**

The place to go... to go superfast.



LTE
beyond 4G

Sony Xperia™ ion
with FLEXTab™
\$49.99*
with select
3-yr. FLEXTab
agreements

THE **LTE** SONY XPERIA™ ION

Hurry into a Rogers store for a huge selection of LTE superphones & experience
the fastest wireless network technology on the planet.¹

Rogers LTE network available in select cities. See rogers.com/coverage

rogers.com/superphones

CONNECTING+ NETWORK TALK SHARE RELIABLE ACCESS+ NETWORK CHAT
FRIENDS SURF LIFE TEXT FIRST FAST ACCESS+ NETWORK CHAT
ACCESS+ NETWORK CHAT
FREEDOM EXCITING+ NETWORK CHAT

Creating World-Leading
Internet Experiences.

ROGERS™

ROGERS™
authorized dealer

ROGERS™ **4G**

«WIRELESSWAVE»

WIRELESS etc...

COSTCO
WHOLESALE

FUTURE SHOP

SONY

booth

BEST BUY

Walmart

BATTERIES & gadgets

CELLULAR POINT

Offers available for a limited time and subject to change without notice. Usage subject to Rogers Terms of Service and Acceptable Use Policy. *With new activation on any 3-yr. talk and internet plan having min. \$48 monthly service fee. Device Savings Recovery Fee and/or Service Deactivation Fee (as applicable) apply in accordance with your service agreement. FLEXTab balance corresponds to the sum of Device Savings Recovery Fee and the Additional Device Savings Recovery Fee. A one-time Activation Fee of up to \$35 (varies by province) may apply. 1 Within Rogers LTE coverage area. LTE SIM card activation on an LTE plan required. Actual experienced speeds depend on the network spectrum and technical specifications of the device used and may vary based on topography and environmental conditions, network congestion and other factors. TM & ©2012 Marvel Characters, Inc. ©2012 CPII. All Rights Reserved. ™Rogers & Mobius design used under license from Rogers Communications Inc. © 2012 Rogers Communications.

Suspected car thief leads police on high-speed chase

In hot pursuit. Chase went from Gatineau to Ottawa and continued despite car rolling over spike belt



JESSICA SMITH
jessica.smith@metronews.ca

An alleged car thief led Gatineau police on an inter-provincial car chase into downtown Ottawa, reaching

speeds as high as 120 km/h.

The chase began when an automatic licence-plate-scanning system alerted officers that a two-door Toyota Solara on Boulevard des Allumetières in Aylmer was stolen, said Gatineau police spokesman Jean-Paul Le May.

Police tried to pull it over, but the driver refused to stop, sparking the chase. Police cars manoeuvred the car over a spike belt placed on Chemin Vanier, in Gatineau, which punctured its tires, Le May said.

In full flight

- The chase began in Gatineau and reached speeds of up to 120 km/h.
- At one point, the lead car had its tires punctured when it drove over a spike belt.
- It ended in Ottawa on Bronson Avenue and Fourth Avenue.
- A 24-year-old suspect was arrested.

The car headed toward the Hull sector on Boulevard Alexandre Taché and hit a vehicle at Montcalm Street, before heading over the Chaudière Bridge through

downtown Ottawa. The driver finally stopped on Bronson Avenue at Fourth Avenue.

Police surrounded the car, and a 24-year-old sus-

pect, who is known to police, was arrested, Le May said.

Despite the chase's high speeds, Le May said police always had safety in mind.

"Our officers have a constant thought of public safety," said Le May.

"We could hear the officers talking about safety; it was present all along the police chase. In this case, no one was injured."

Follow Jessica Smith on Twitter @jessicacatherine



Fire. On-market empty house gutted in blaze

Ottawa Fire Services were called to Bank Street on Tuesday afternoon where a fire broke out at a two-storey house.

At about 1 p.m., fire services were called to 2785 Bank St. District Chief Shawn O'Neill said that, because the house was vacant, firefighters were able to put the fire out quickly with minimal damage.

He believes the fire may have originated in the attic or second floor.

The cause of the fire has

not been determined, and the investigation is ongoing. An estimate of damages was not available by press time.

A sign on the front lawn indicates the property is for sale. A search of the Ottawa Real Estate Board's website shows the property had a list price of \$419,000.

One firefighter was injured at the scene and was taken to the hospital, where he received stitches for cuts on his foot. He has since been released.

JESSICA BEDDAOUI/FOR METRO



Firefighters were able to bring a blaze at this abandoned home under control within about 20 minutes. JESSICA BEDDAOUI/FOR METRO



Pedestrian seriously injured

A police officer makes a call while investigating a crash that sent a 49-year-old woman to hospital in serious condition with a head injury after she was hit by a truck in front of the National War Memorial on Wellington Street. The woman lost consciousness but regained partial consciousness in the ambulance en route to hospital, paramedics said. Her condition was then upgraded from critical to serious.

JESSICA SMITH/METRO

Mobile news



From fresh-faced youngsters to vocal virtuosos. Scan the code to see kids transform into colourful characters at the Peking Opera summer camp.

Sensational!

Heart of the Rideau Canal

Come experience

Sensational!

Downtown Smiths Falls

Downtown Smiths Falls offers you over 160 unique shops and services. You'll discover a wonderful selection of clothing, giftware, jewellery, art, antiques and specialty products.

While you're searching for that special item, pause to enjoy an unmatched dining experience or explore one of the museums or waterfront attractions.

Smiths Falls, where you can **Shop, Explore & Be Sensational!**

www.smithsfalls.ca www.downtownsmithsfalls.ca

Ethnic foods can beat price bump on grocery shelves: Prof

Meal planning. CIBC economist forecasts four per cent increase in food prices in the coming months

As consumers brace for a projected four per cent hike in food prices in 2013, families should look to ethnic foods for cheap and healthy meals, says a University of Ottawa nutritionist.

"People tend to consume stuff from the freezer, but everything that has been put into the final product trickles down to the consumer," said Malek Batal, a professor of community nutrition in the University of Ottawa's faculty of health sciences.

"If you favour whole foods that are unprocessed, took legumes and beans, bought them dry and made them yourself, you would be paying a fraction," he said. "One could explore more ethnic cuisine. Indian food has interesting ways of using legumes, and South American food has recipes for

beans, rice and corn."

At home, Batal, a Canadian of Lebanese origin, said his family favours hummus, chickpeas and beans to make nutritious meals that won't break the bank.

In a report released Aug. 10, CIBC's chief economist, Avery Shenfeld, forecasts food prices in Canada will increase by four per cent.

The increase is driven, in part, by the price of corn and the price of diesel fuel, said David Wilkes, senior VP of the Retail Council of Canada's grocery division. Corn prices are up 23 per cent over last year and is used as feed for livestock. The price of diesel rose seven per cent in July, Wilkes said.

Wilkes added that costs for groceries across Canada could be going up as soon as this week, since price changes on the shelf are up to businesses.

Aside from trying new recipes, Batal said there are other ways to cope. "Use strategies that are community-oriented," he said. "Cook with friends and neighbours and buy in bulk as a group."

GRAHAM LANKTREE/METRO



Ryan Sleight of the Kardish Health Food Centre in The Glebe holds up split and yellow peas. Each variety is high in protein and goes for less than 50 cents a pound. GRAHAM LANKTREE/METRO

Bistro hopes to woo bloggers with soiree



Server Christina Grimes poses in front of Levante Bistro & Lounge at 180 Rideau St., where a dinner devoted to local food bloggers will happen Wednesday night. JESSICA SMITH/METRO

Bloggers' blunt honesty often helps determine the popularity of businesses, so staff at Levante Bistro & Lounge are hoping to use those opinions as a means of advertising their business.

On Wednesday night, Levante will host a blogger's soiree, during which local writers will taste the food, scope out the venue and then critique it.

"We want everyone to give an honest opinion of the

restaurant. We don't want people to promote us if they haven't tried our food," said Candace Power, director of operations at Levante.

For \$35, attendees will get a four-course meal that will highlight some of the restaurant's key dishes.

"We'll have things like bruschetta — very run-of-the-mill. Then we'll have these really popular apple, peanut-butter and boar-bacon sandwiches," Power said.

"The menu is a reflection of head chef Kurt Vickers' style and flare," Power added of the chef who hails from Texas.

Don Chow of the Ottawa blog Foodie Prints said: "The chef has an interesting profile. It will be interesting to see what food he produces."

Chow is also interested in seeing how the venue will differ from previous restaurants that have come and gone in the same location.

About two weeks after the restaurant opened in June, major construction ensued on Rideau Street, which slowed down traffic.

Power is hoping feedback from Blogger Night will help boost traffic.

"We're more than open to hear their criticism, too. We're brand new and there's things we need to tweak; we're doing it every day with customer feedback."

JESSICA BEDDAOUI/FOR METRO

SOCIAL NETWORKING DOESN'T ONLY HAPPEN ONLINE.

12 bottle pack now specially priced at \$22.95*

Heineken
open your world

*Must be legal drinking age. Available at participating The Beer Store locations while supplies last. Offer ends September 9th, 2012. Price subject to change.

WHICH ONE OF THE 7 MISTAKES WILL YOU MAKE WHEN BUYING U.S. REAL ESTATE?

Canada's Foremost U.S. Real Estate Expert, Steve Martel Presents:

Well, I tried to re-invent the wheel for few weeks until I realized that Steve Martel was there. So I realized that by having somebody who has done all the leg work before. It just speeds up the entire process.

Matthew



He has a very approachable personality. It is not like "I am here and you are just a lowly person". He seems relaxed, he makes jokes, and he goes over the information more than once and answers questions readily.

Whitney



I have done as much research as I could on my own, but nothing as intense as what I just experienced. Lots of info that I don't know how I would have found out other than by making the mistakes and finding out the hard way.

Chris



STEVE MARTEL
— LIVE THE DREAM —

FREE 2 Hour U.S. Real Estate Workshop Reveals:

- The TOP 7 Mistakes Every Canadian Makes
- 23-Step System to Buying U.S. Real Estate
- The ONLY Formula to Guarantee Profits
- AND so much more

www.CanadiansInvade.org

Limited Seating, Register Now!

No free trips, no free IPOD's, simply quality actionable content.

Tuesday September 4, 2012

Brookstreet Hotel
525 Legget Drive
Kanata, ON K2K 2W2
2 pm or 7 pm

Wednesday September 5, 2012

Hilton Garden Inn Ottawa Airport
2400 Alert Road
Ottawa, ON K1V 1S1
2 pm or 7 pm

Thursday September 6, 2012

Ottawa Convention Centre
55 Colonel By Drive
Kanata, ON K1N 9J2
2 pm or 7 pm

Toronto mayor

Ford admits to reading while driving

Mayor Rob Ford admits he was “probably” reading at the wheel during a commute. But he says it didn’t affect his driving. Photos on Twitter show him reading. **THE CANADIAN PRESS**

Far-right party

Hungarian anti-Semite finds he's Jewish himself

As a rising star in Hungary's far-right Jobbik Party, Csanad Szegedi was notorious for his incendiary comments on Jews: He accused them of "buying up" the country, railed about

the “Jewishness” of the political elite and claimed Jews were desecrating national symbols.

Then came a revelation that knocked him off his perch as ultra-nationalist: Szegedi himself is a Jew.

Following weeks of rumours, Szegedi acknowledged that his grandparents on his mother's side were Jews, making him one too. **THE ASSOCIATED PRESS**

London, Ont.

Man charged in exotic-snake case

Mark Rose knew something was off in London's Ed Blake Park area. He could tell by the smell. A neighbour was charged after police found exotic snakes in a home, including boas and pythons.

JOHN MATISZ/METRO IN LONDON

Dorval, Que.

Two killed, others injured in bus accident

Two people were killed in a violent collision that flipped a city bus onto its side and injured numerous other people Tuesday.

The accident between the city bus and two cars oc-

curred during evening rush hour, at around 6 p.m., at an intersection in an industrial park in the municipality of Dorval, near the Montreal airport.

Police said two people were declared dead on the scene — a woman passenger in a BMW, and someone who was ejected from the city bus. Two others were seriously injured; others were hurt. **THE CANADIAN PRESS**

Russian sect's eccentricity exaggerated

Kazan, Russia. Did authorities exaggerate how the group lived?

Russian authorities spoke of a creepy cult living in an “eight-level ant house” dug deep into the ground, where children were kept in unheated cells and starved of daylight.

A visit to the compound suggests a more ordinary reality.

A brief visit inside the compound, which provided shocking headlines around the world when police raided it and seized the children, revealed none of the elaborate underground design described by prosecutors.

Nor does a police video

showing rooms inside.

The father of a cult member, who originally disapproved of his daughter joining the group, said he was able to visit freely. The portrayals raise questions about whether authorities have exaggerated the eccentricity, to show that they are cracking down on Islamic groups.

The spokeswoman for Kazan prosecutors did not answer repeated calls to her office on Monday.

Police stumbled upon the bizarre sect in early August as they investigated what they described as a terrorist attack that killed a top cleric in oil-rich Tatarstan, where the population is 60 per cent Muslim.

THE ASSOCIATED PRESS

Sect against state

Sect leaders are enraged over the seizure of the children and the police action against their holy project, and vowed to triumph. "Allah will punish you," Gumer Ganiyev, of the sect yelled at police. "You will all die tomorrow."

- The fate of the sect's property remains unclear. Police, accompanied by social workers and construction experts, conducted a third search last week to further assess the living conditions.



Ryan dogged by controversy in his first days on the ticket

Republican presidential candidate, former Massachusetts Gov. Mitt Romney, front, and vice-presidential running mate Rep. Paul Ryan greet supporters in Wisconsin. Mitt Romney's eldest son, Tagg, and his wife announced the birth of twin sons in May with the help of in vitro fertilization and a surrogate mother. But that's a process that would be illegal under a proposed law Ryan once advocated, the Sanctity of Human Life Act. Co-sponsored by Ryan, the bill would have enshrined the notion that life begins at fertilization, essentially criminalizing in vitro fertilization.

MARY ALTAFFER/THE ASSOCIATED PRESS

Palo Alto. Steve Jobs's home burglarized, house unoccupied at the time

Several computers and personal items worth more than \$60,000 were stolen from the seven-bedroom Northern California home of

the late Steve Jobs.

Cops insist it was a run-of-the-mill burglary. Kariem McFarlin, 35, has been arrested.

THE ASSOCIATED PRESS

Texas A&M. It's official: Gunman in deadly shootout killed by responding officers

Authorities say the gunman in a deadly shootout near Texas A&M University was fatally wounded by officers who responded to reports

of gunfire. Police Chief Jeff Capps said 35-year-old Thomas Alton Caffall had guns in his home.

THE ASSOCIATED PRESS

ESTÉE LAUDER Our Best Sellers

Everything you've told us you love — all in one gift.
Free with any Estée Lauder purchase of \$36.50 or more.*
Worth up to \$105.** Available until September 3, 2012
Exclusively Ours ► Shop online



Get More

A chic Lip Gloss Trio. Free.
3 Pure Color high gloss shades and travel mirror. Add them to
your gift with any Estée Lauder purchase of \$80 or more.*
Both gifts together worth up to \$145.



Choose your skincare:
New Perfectionist [CP+R] Serum with Resilience Lift Creme
(shown) or Advanced Night Repair with DayWear Creme
Plus: Your choice of cleanser



Choose your lipstick shade — subtle or bold:
Pure Color lipstick
Plus: Sumptuous Extreme Mascara and
Estée Lauder pleasures



For your purchase, may we suggest:

New. Perfectionist [CP+R]

Now, Supercharge Your Skin: In just 4 weeks,
96% of women showed a significant reduction
in the look of lines and wrinkles. Starting at \$78.

Join us at the Estée Lauder counter to learn more
and enjoy a free skin consultation.



AN EXCLUSIVE HBC CREDIT CARD ONLY BONUS WEDNESDAY, AUGUST 15 TO SUNDAY, AUGUST 19.

Receive a \$25 savings card with any ESTÉE LAUDER purchase of \$75
or more† when you use your HBC† MasterCard® or HBC Credit Card.

Offer valid while quantities last. Redeemable only on your next purchase of \$100 or more‡ when you use
your HBC MasterCard or HBC Credit Card from August 15 to September 2, 2012. ► Shop online



twitter.com/thehudsonsbayco



facebook.com/hudsonsbaycompany

the **Bay**

THEBAY.COM

*Before taxes. Offer good while supplies last. Quantities limited. One of each gift to a customer, please. Values are based on our per ml and/or g price for regular-sized products. CREDIT CARD BONUS: Not redeemable on cosmetics or fragrance purchases. One card per transaction. Not to be combined with any other offer. Other exclusions apply. See store for details. †Before taxes. ‡Hudson's Bay Co., HBC, The Bay and their associated designs are trademarks of Hudson's Bay Company, used under licence. Credit is extended by Capital One®. Capital One is a registered trademark. MasterCard and the MasterCard Brand Mark are registered trademarks of MasterCard International Incorporated. All trademarks used herein are owned by the respective entities. All rights reserved.

Hamburg a first

City recognizes Islamic holidays

Authorities in Hamburg have become the first in Germany to officially recognize Islamic holidays so Muslim employees and students can celebrate them at home.

Similar agreements exist with Christian and Jewish

communities in the city.

Hamburg's mayor, Olaf Scholz, hopes the deal will serve as an example for other German cities.

But the growing public presence of Islamic culture in Germany has sparked anger. Police in Berlin are on alert for violence this weekend after a far-right party said it plans to stage protests outside mosques.

THE ASSOCIATED PRESS

Hydro horror

Woman billed for streetlights

A Connecticut power company has reimbursed a woman almost \$10,500 after acknowledging it billed her for 25 years for the electricity used to power streetlights near her home.

Grace Edwards said she

discovered the billing error after a prospective buyer for the house in Cheshire, Conn., asked for a history of utility charges.

Connecticut Light & Power removed the charges from her bill, but initially refused to reimburse Edwards for past charges. She said they relented when the state's Office of Consumer Counsel got involved.

THE ASSOCIATED PRESS

Abduction case

Pastor helped mom, child flee

A pastor was convicted Tuesday of helping a woman flee the U.S. when she was on the brink of having to turn custody of her young daughter over to the woman who was once her partner in a civil union. Rev. Kenneth Miller, 46,

of Virginia, was charged with aiding in international kidnapping for helping Lisa Miller and her daughter, Isabella, leave the country.

Lisa and Isabella, now 10, were last known to be in Nicaragua. The county is not a signer of the convention on child abductions, which is designed to return children illegally taken from member countries.

THE ASSOCIATED PRESS

Youths battle police as hate boils over in troubled city

Flare-up in northern

France. A school, a gym and cars torched as riot police in Amiens face cascades of buckshot, fireworks

Months of mounting tension between police and young people in a troubled district of northern France exploded in deadly violence on Tuesday.

In a grim night in Amiens, dozens of youths firing buckshot and fireworks faced off against riot officers.

Seventeen officers were injured, a pre-school and public gym were torched, and at least three passing drivers in Amiens were dragged from their cars. A dozen cars were burned.

The immediate cause of the riots was unclear, but a standoff between police and people attending a memorial for a young man who died in a motorcycle accident may have been one trigger. Officials stressed police were not involved in the death.

The eruption of violence shows how little relations have changed between police

and youths in France's housing projects since nationwide riots in 2005 raged unchecked for nearly a month, leaving entire neighbourhoods in flames in the far-flung suburbs.

The sister of the young man who died in the motorcycle accident said it was impossible for people in her community to even speak with the police.

"As soon as they see young people, it's to handcuff them or harass them," said Sabrina Hadji, 22. "The dialogue is completely broken."

Hadji, whose 20-year-old brother Nadir died in the accident, added: "The police in Amiens really, really, really hate the people in the northern part of Amiens. They consider us to be animals."

Anger was still running high when Interior Minister Manuel Valls arrived in the neighbourhood Tuesday afternoon.

A small group of people tried to push through Valls' security detail as he walked through the area, alternately booing him, cursing him and trying to speak to him.

One shouted out, "When are you going to speak to us?"

THE ASSOCIATED PRESS



After a night of rioting, a burned-out car sits on a street in Amiens, about 120 kilometres north of Paris. The French government has designated the city as one of 15 impoverished zones that will receive more money and security. GEORGES CHARRIERES/THE ASSOCIATED PRESS



GIVING CANADA'S
ATHLETES THE
VISION TO SUCCEED

LASIK MD
VISION



LASER VISION CORRECTION

Starting at **\$490** /eye*

FREE Consultation: 1-877-769-3030 • www.lasikmd.com

*Prices are subject to change without prior notice and vary based on personal eye health. Appointment to undergo eye exam and vision test only. Other conditions may apply.

GET YOURS BEFORE
SEPTEMBER 6

iPhone 4S

Successorize for only \$99.



iPhone 4S | 16 GB

\$99 3 year term with min.
\$50 plan/add-on(s)*

\$649 no term

Get the plan you need to succeed

- Worry-free Flex Data that automatically adjusts to your data usage
- UNLIMITED Nationwide Family Calling†
- UNLIMITED nationwide talk with your 10 Favourite Numbers‡
- UNLIMITED text, picture and video messaging**

Caller ID &
Voice Mail
INCLUDED

Visit telusmobility.com/iphoneoffer.

iPhone

TELUS
the future is friendly™

For more details on these great offers, visit your TELUS store, authorized dealer or retailer, visit telusmobility.com or call 1-866-264-2966.



BLACK
FRIDAY

FUTURE SHOP

MOBILE SHOP
telusmobility.com

Walmart

TELUS STORES & AUTHORIZED DEALERS

Kanata
Kanata Centrum Walk

Nepean
Chapman Mills Marketplace

Orleans
Place D'Orleans
4312 Innes Rd

Ottawa
Bayshore Shopping Centre
Billings Bridge Shopping Centre
Carlingwood Shopping Centre

Ottawa Office Tower
Rideau Shopping Centre
St Laurent Centre
100 Trainyards Dr

424 Catherine St
1255 Coldrey Ave
1568 Merivale Rd

2160 Montreal Rd
2950 Bank St
Stittsville
1300 Main

*Regular 3 year term pricing is \$159. †Must have at least two members on the same account, with a limit of five members per account. ‡Your ten numbers must be Canadian domestic numbers and must not include your own TELUS mobile phone number, your voice mail retrieval number, toll-free or 900 numbers. Nationwide talk refers to local and Canadian long distance calls made to or received from your mobile phone and is subject to additional roaming and/or international charges. You may change the ten numbers once per billing cycle by visiting telusmobility.com. **Premium messages are not included. An additional 15¢/message charge will apply for each text message or attachment sent to clients outside of Canada and the US. Text messages sent or received while roaming outside of Canada will be charged at 60¢/message. Visit telusmobility.com/text for details. Clients with phones not able to display picture or video messages will receive a text message that includes a web address for viewing. Multimedia messaging used while outside of Canada is charged as data roaming. TELUS, the TELUS logo, the future is friendly and telusmobility.com are trademarks of the TELUS Corporation, used under licence. TM and © 2012 Apple Inc. All rights reserved. YouTube is a trademark of Google, Inc. © 2012 TELUS.

Syria. Prime minister who defected urges army to take side of people

The Syrian prime minister who defected said Tuesday that Bashar Assad's regime is near collapse and urged other leaders to tip the scales and join the rebel side. The UN said an estimated 2.5 million Syrians have been injured, displaced or face problems securing food or other necessities, a sharp rise from about one million three months ago.

It was the first public statement by Riad Hijab since he left his post and fled to Jordan with his family last week. Hijab is the highest-ranking political figure to defect from Assad's regime.

"The regime is on the verge of collapse, morally and

Sanctions lifted

The U.S. is lifting sanctions against Syria's former prime minister after he announced that he is backing rebels fighting Syrian President Bashar Assad's regime. The Treasury Department says because Riyad Hijab is no longer a senior official in the Syrian government, he will no longer be subject to an asset freeze.

economically, in addition to cracks in the military," Hijab told a news conference in the Jordanian capital, Amman.

THE ASSOCIATED PRESS

Afghanistan

Market bombing marks deadliest day for civilians this year

Police say a motorcycle bomb outside a crowded bazaar in northern Af-

ghanistan has killed at least 10 people, including several children.

The blast brought the death toll to at least 46 in a bloody day for Afghanistan, after as many as 14 suicide bombers were involved in attacks in a southwestern city.

THE ASSOCIATED PRESS

'We would welcome help by any country': Iran

Quakes. During official visit to stricken area, Iran government changes tune on aid

In a change of heart, Iran said Tuesday it now welcomes foreign aid for victims of the deadly twin earthquakes that hit the country's northwest over the weekend.

The remarks indicated authorities were struggling to cope with the quakes' aftermath. Critics charged they failed to react quickly enough to help the region along the borders with Azerbaijan and Armenia, where the 6.4 and 6.3-magnitude quakes Saturday killed 306 people and injured more than 3,000.

"We would welcome help by any country," said Iran's parliament speaker, Ali Larijani, during his visit to the earthquake-stricken area on Tuesday.

Iran's government said it has provided shelter for about 50,000 people who lost their homes during the quakes, which have been followed by



Iranians search the ruins of buildings on Sunday after Saturday's earthquake in a village near the city of Varzaqan in northwestern Iran. ALI HAMED HAGHDOST/MEHR NEWS AGENCY/THE ASSOCIATED PRESS

scores of aftershocks.

A 5.3-magnitude aftershock on Tuesday afternoon jolted the town of Varzaqan again, the semi-official Fars news agency reported. Varzaqan was one of the weekend epicentres.

The Tuesday aftershock

quake also rocked Tabriz, the provincial capital, where frightened people poured into streets. No further casualties were reported. Many Tabriz residents have stayed outdoors, some in public parks, since the first tremors. THE ASSOCIATED PRESS

Damage done

\$600M

Authorities said the quakes caused some \$600 million in damage.

WE ARE CANADA'S BIGGEST STORE

Sign-up at WWW.SHOP.CA to **get \$10 Rewards** cash to spend on your first purchase of \$25 or more.

plus **FREE SHIPPING!**
SOME CONDITIONS APPLY

SHOP • CA™

SHOP & EARN, EVERY TIME!™

Got great products to sell? Contact supplier@shop.ca | SHOP.CA Sign-UP required to claim \$10 Reward and can only be used at WWW.SHOP.CA



Draped in the Israeli flag, a new Jewish immigrant from the U.S. pushes through a curtain at the Ben Gurion Airport in Israel on Tuesday. About 350 newcomers arrived from North America. ODED BALILYU/THE ASSOCIATED PRESS

Their promised land

Pilgrimage. Despite risk of warfare, charter flight brings 350 to a new life in Israel

About 350 Jews from North America landed in Israel on Tuesday, planning to make the Jewish state their new home ... and maybe to fight.

Their arrival coincides with an escalating debate over whether Israel should attack Iran's nuclear facilities.

Israel and many in the West believe Iran may be aiming to produce nuclear weapons. Iran denies that.

The newcomers dismissed all the risks.

"I'm not nervous about Iran," said 18-year-old Becca Richman, who left her family in Philadelphia to serve in the Israeli military.

"Honestly I'm more nervous about fitting into Israeli society than I am being in the army. This is my dream. This is what I came to do."

Nearly 130 other army re-

Quoted

"As the Jewish state progresses and rises, so does anti-Semitism."

Israeli Prime Minister Benjamin Netanyahu, in welcoming the newcomers

cruits were on Tuesday's chartered flight.

The immigrants were met by throngs of family members, flags, banners, a stage and live music.

THE ASSOCIATED PRESS



for the 2012 Fall Semester at **Saint Paul University.**

Undergraduate Programs

- Social Communication
- Ethics
- Conflict Studies
- Philosophy
- Human Relations and Spirituality
- Theology

Get to know us better
ustpaul.ca

223 Main Street, Ottawa, ON
613 236-1393 | 1 800 637-6859



Let us show you how to make overseas calls from *your mobile phone!*

We'll beat all competitors rates
Guaranteed!



Limited Time Offer

30 Minutes FREE
Every Month



Unlimited **Canada** \$5 /Month

Unlimited calling to anywhere in Canada



India 1¢ /Minute

1000 Minute bundle only \$10/month



Australia 1.9¢/min



Bangladesh 3.9¢/min



Bosnia 10.9¢/min



China 1.9¢/min



Colombia 2.9¢/min



Cuba 89.9¢/min



Croatia 2.9¢/min



Germany 1.9¢/min



Guatemala 3.9¢/min



Iran 4.9¢/min



Israel 1.9¢/min



Italy 1.9¢/min



Sri Lanka 9.9¢/min



Lebanon 7.9¢/min



Mexico 1.9¢/min



Pakistan 3.9¢/min



Philippines 10.9¢/min



Kazakhstan 4.9¢/min



Poland 1.9¢/min



Romania 1.9¢/min



Russia 1.9¢/min



South Korea 1.9¢/min



U.A.E. 14.9¢/min



Ukraine 8.9¢/min



U.K. 1.9¢/min



Vietnam 3.9¢/min



United States 1.9¢/min



Download our Comwave Mobile App
3 Days Free Trial



613-216-6100

www.comwave.net

While Comwave strives for accuracy in our advertising, Comwave reserves the right to correct any error in pricing or information at any time. LONG DISTANCE: Lifetime Rate Guarantee is based on competitors lowest advertised rates for the services. Comwave will not rate match against charity or internet services, bundled minute plans or prepaid calling cards due to their innovative billing systems. Bundled minute plans cannot be shared by more than one line. Shared minutes from one month do not carry over to the next month. Excess minutes will be billed at our lowest rate guaranteed. Calls to Overseas Mobile Phones may be billed at a higher rate. Terms and conditions apply. see www.comwave.ca for details.

U.S. Obama to let illegal immigrants under 30 stay for work with form, fee

Election year. Obama previously attacked for not doing enough for immigration reform

The Obama administration on Tuesday directed young illegal immigrants to fill out new forms if they want to apply under a new program that would let them avoid deportation and obtain a U.S. work permit.

The government renewed warnings that the process would not lead to citizenship or give them permission to travel internationally. It will begin accepting immigrants'

Naysayers

Critics of the program have called the policy backdoor amnesty and say they worry about fraud.

applications Wednesday.

The announcement came just months before what is shaping up to be a tight contest for the White House. Seeking re-election, President Barack Obama has come under fire by Hispanic voters and others who say he has not fulfilled a promise to reform immigration laws.

THE ASSOCIATED PRESS

Fort Hood killings

Shrink's trial won't be delayed: Judge

A U.S. military judge on Tuesday refused to again delay the trial of a psychiatrist charged in a deadly shooting rampage at an army base in Texas, setting up a highly anticipated court-martial next week. THE ASSOCIATED PRESS



U.S. Maj. Nidal Hasan

THE ASSOCIATED PRESS FILE

Ecuador likely to decide this week on asylum for Assange

WikiLeaks founder.

President Rafael Correa says his country is concerned Assange will be extradited to U.S. where he could face death penalty

President Rafael Correa of Ecuador says he hopes he will be in a position to make an announcement this week on whether he will grant political asylum to WikiLeaks founder Julian Assange.

Correa told state TV that it was necessary to examine a great deal of material about international law in order to make a responsible, informed decision. He said he expected to have the latest reports in hand by Wednesday.

Assange took refuge in Ecuador's embassy in London in June to avoid extradition to Sweden, where he is wanted for questioning for alleged sexual misconduct.



A pedestrian walks past a photograph of WikiLeaks founder Julian Assange, placed by supporters across the street from the Ecuadorian Embassy in central London, Tuesday. LEIFERIS PITAKAKIS/THE ASSOCIATED PRESS

Correa said Monday that Ecuador is concerned Assange could be extradited to

the United States and possibly face the death sentence there. Assange's supporters

believe he has been secretly indicted there.

THE ASSOCIATED PRESS

Jumping jalapeños!
Huge smartphone
sale, plus up to a
\$100 bonus gift!

Hurry!
Sale ends
Sept. 13, 2012.



koodo™

Good call



► FUTURE SHOP

► MOBILE SHOP

Walmart

koodo
shop

Ottawa
Bayshore Shopping Centre
Carlingwood Mall
Les Galeries de Hull
Place d'Orléans
Promenades de l'Outaouais
Rideau Centre
St. Laurent Centre

Belleville
Quinte Mall

Brockville
1000 Islands Mall

Cornwall
Cornwall Square

Kingston
Cataraqui Town Centre

(1) Bonus gift will vary by store location. See store for full details. Bonus gift available with new activations only. While quantities last. \$100 bonus gift available with the BlackBerry Bold 9790, LG Optimus Black, Samsung Galaxy S II X, Apple iPhone (8 GB) and Apple iPhone (16 GB). BlackBerry, RIM, Research In Motion and related trademarks, names and logos are the property of Research In Motion Limited and are registered and/or used in the U.S. and countries around the world. All other trademarks are the property of their respective owners.

Market Minute

**DOLLAR**
100.82¢
(+0.06¢)**TSX**
11,853.61 (+15.28)**OIL**
\$93.43 US (+70¢)**GOLD**
\$1,602.40 US (-\$10.20)**Natural gas:** \$2.834 US (+10.5¢)
Dow Jones: 13,172.14 (+2.71)

Plummeting stock

Groupon decline unprecedented

Groupon's stock is 27 per cent cheaper as of Tuesday, but that doesn't make it a bargain.

Its stock fell as analysts slashed targets and ratings on the online-deals company after it reported its first-ever quarter-to-quarter decline in gross billings, a measure of how much money Groupon collects from customers.

Groupon blamed the weak economy in Europe and unfavourable currency-exchange rates, but analysts pointed to online-deals fatigue. Groupon Inc. pioneered the online daily-deals market. **THE ASSOCIATED PRESS**

Olympic memorabilia

Wanted: Mary Poppins costume?

The London Olympics may be over, but it's not too late to take home a national flag from the athletes' parade, or a used javelin.

Officials have put almost 2,000 Olympic relics up for auction, along with a replica of the Isle of Wonder book that Harry Potter author J.K. Rowling read from during the July 27 opening ceremony. The book's price had risen to 1,066 pounds (\$1,670 US) Tuesday, after opening at one pound a few days ago. Among the auction items from the opening ceremony is a Mary Poppins hat.

THE ASSOCIATED PRESS

Social media

Google+ switches to snappy addresses

If you're a devoted Facebook or LinkedIn user, chances are you have a so-called "vanity URL," or a short, custom web address for your profile.

Now, Google+ is also appealing to users' narcissism, by switching its unwieldy addresses for snappier ones.

The URLs will first be offered to verified users like brands and celebrities before being rolled out to the public. The addresses make pages easier to find and more memorable. Previously, Google+ pages were simply assigned a random string of numbers.

TORSTAR NEWS SERVICE

Eligible to sell

Facebook stock 'lock-up' to expire

Facebook's early investors and a handful of directors will become eligible on Thursday to sell stock they own in the social-networking company.

It's conceivable none of them will sell. But if they do, up to 1.91 billion more shares could flood the stock market over the next several months — more than four times the 421 million shares that have been trading since Facebook's initial public offering in May.

So-called "lock-up" periods prevent insiders from unloading shares too close to an IPO.

THE ASSOCIATED PRESS

CAW wants to share in automakers' rising profits

Union. Canadian Auto Workers meets with top North American automakers to discuss new labour contracts

The Canadian Auto Workers said it doesn't expect to regain all of the concessions it made when automakers were struggling during the recession, but it wants to share in the profits now that the industry has rebounded.

"We aren't going in there demanding everything back from 2009," CAW national president Ken Lewenza said Tuesday as the union kicked off contract negotiations with the three big North American automakers.

"We're just saying that we have to find a way to share in the successes that our members have built over many years."

The union met with General Motors Canada on Tuesday morning and with Chrysler Canada in the afternoon. It will meet with Ford Canada on Wednesday. Contracts for workers at all three companies expire Sept.

Sacrifices

"The companies have learned to make money even at low volumes. Workers' sacrifices have been a big part of that success."

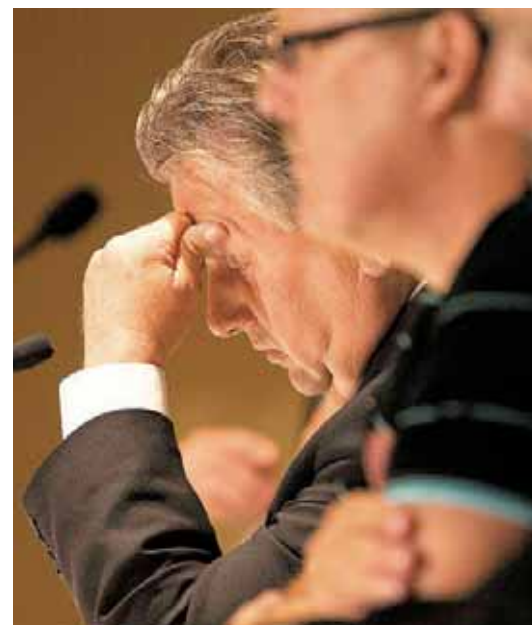
Ken Lewenza, CAW national president

17. The union made a number of concessions, including to wages, vacation time and cost-of-living payments, to help the ailing automakers during the 2008-09 recession.

Lewenza says the CAW is hoping to make some progress now that the companies are making a profit.

But a Chrysler Canada spokesman warned Tuesday that although the company has returned to profitability, it is not out of the woods.

"Those gains have been modest and it is critical that we not return to an uncompetitive situation," said Todd Bested, Chrysler Canada's director of labour relations.

THE CANADIAN PRESS

Ken Lewenza, national president of the Canadian Auto Workers union, rubs his forehead as he takes questions from the media following a meeting to discuss contracts with General Motors in Toronto on Tuesday. It was the first of a series of meetings with the big three automakers. **MICHELLE SIU/THE CANADIAN PRESS**

CMHC. Canadian housing market to slow moderately

New estimates

In 2013, CMHC now estimates housing starts will be in the range of 173,000 to 207,400 units, with a point forecast of 193,100 units — about seven per cent fewer than this year under the latest forecast.

- The previous 2013 point forecast for 195,700 housing starts.

It says housing starts and home sales have been strong in 2012 — particularly when

it comes to multiple-dwelling units such as condos and apartments — but will soften moderately in coming months into 2013.

"Balanced market conditions in most local housing markets will result in a slowing in house price growth as well," Mathieu Laberge, CMHC's deputy chief economist, said in an outlook released Tuesday.

CMHC provides various levels of mortgage insurance to protect lenders from defaults by home buyers.

It also closely monitors residential construction activity and housing sales and provides

outlooks used by various sectors of the economy.

In the latest forecast, CMHC estimates there will be between 196,800 and 217,000 units of housing started in 2012, with a point forecast of 207,200 units.

The point forecast is slightly higher than an estimate of 202,700 issued by CMHC in June, when the range was wider at between 182,300 to 220,600.

Based on data compiled by the Canadian Real Estate Association, CMHC said Tuesday that it expects about 466,600 units of existing housing to be sold this year and 469,600 units in 2013. **THE CANADIAN PRESS**

Read
metr@your money
every Tuesday
for financial tips,
trends and advice.

Only in Metro.
News worth sharing.

Canada's

National Notary Public

Company

Mobile Notary
Certified True
Copies

E-Document
Certification

Notarization &
Commissioners
of Oaths

Affidavits

Visa & Passport
Processing

RedSeal
Notary.com

Notarization & Legalization

Over 100 Locations Across Canada



Scan and Save



Fingerprinting

Background
Checks

Land Title
Searches

Authentication
& Legalization
(Apostille)

Consent to
Travel

1-888
922-7325

© Inter IKEA Systems B.V. 2012.

The new catalogue is here.

BRING NEW LIFE TO YOUR HOME.

IKEA

GLEEFULLY BAD GIRL TO THE END



JUST SAYIN'
Paul Sullivan
metronews.ca/voices/
just-saying

If Hugh Hefner is the male, er, face of the sexual revolution, Helen Gurley Brown was its female frontpiece.

I mean, anyone who has breast implants at 73 has earned

pride of place in the Sexual Revolution Hall of Fame, just across the aisle from Barry White and two statues down from Madonna (oh wait, Madonna's membership is still pending).

Sadly, while Hefner keeps on ticking like a randy old grandfather clock, Gurley Brown's best-before date has finally expired (exhausted itself?) at the ripe old age of 90.

Obviously, there's something about an active sex life.

For those of you who don't know what I'm talking about, gather round. Helen Gurley Brown single-handedly brought 50 per cent of the human population into the modern era by publishing Sex and the Single Girl in 1962. She spent the rest of her considerable life updating the sexual revolution on a monthly basis as the editor of Cosmopolitan, the magazine that promises 30 Things to Do to a Naked Man.

The men of the world should be grateful, at least. Everywhere else, a naked man is usually arrested.

For women, reviews have been mixed. Gurley Brown may not have been the first to acknowledge in public that women

have sex when they're not married, but she was certainly the first to promote it gleefully. Feminists saw her as a male-chauvinist plot counselling women to adopt a kind of strategic subservience to get what they want — especially if what they want are multiple orgasms.

Not that there's anything wrong with that. "Lots of people did not know how to pronounce 'orgasm' before (Cosmo) was launched," said one Cosmo editor, quoted in the Guardian.

Gurley Brown's real dirty little secret was that her dirty little secret was hard work. Nobody got into the office earlier or left later. She worked her way up from "mouseburger" from Arkansas, to super-secretary in L.A., to copywriter extraordinaire in L.A. and New York, and then to Cosmo, where she reigned supreme from 1965 until she finally stepped down (sort of) in 1997.

Along the way she attracted millions of readers looking for 75 ways to pleasure a man or look at Burt Reynolds naked. I have to admit, I looked at Reynolds naked but was disappointed because he wasn't really naked — he didn't take off his toupee.

Gurley Brown didn't have any children; she considered them competitors for attention. But she did spawn a generation of magazine editors, male as well as female, who work harder than anyone else to enumerate experience (37 Ways to Pound Sand!) on the covers of their magazines.

Finally, she left the best motto: "Good girls go to heaven, bad girls go everywhere."

Wherever she's gone, I'll bet it's hot.



Long before Carrie Bradshaw was drinking cosmos, Helen Gurley Brown, pictured, defined sex and the single girl as editor of Cosmo. GEORGE DE SOTA/NEWSMAKERS

Cold cuts to sink your body into



GERO BRELOER/THE ASSOCIATED PRESS

Legacy

"Lots of people did not know how to pronounce 'orgasm' before (Cosmo) was launched."

One Cosmo editor, quoted in the Guardian

Hamming it up

'Deli meats' tickle funny bone

Vegetarian Silvia Wald puts a cloth ham on the sales counter of her shop Aufschnitt (German for "cold cuts") in Berlin on Tuesday. Wald, an engineer in clothing technology, started in 2009 to design meat products from cotton stretch velvet, Lycra, wool or micro fibre with a realistic look.

THE ASSOCIATED PRESS

Showcase of plush treats



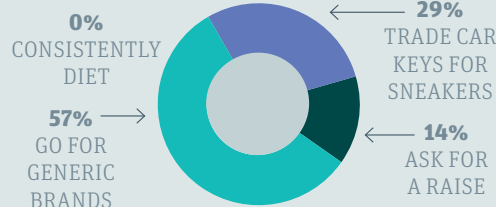
Aufschnitt's products include:

- Links of sausage to wrap around your neck like a scarf.
- A Serrano ham bean-bag chair complete with shapely hoof.
- A sausage-ring baby rattle.
- Sausage rings that double as neck-relaxation pillows.
- And the merchant's scales make a cosy kid's chair.



Register at metropolitanpanel.ca and take the quick poll

How are you planning to handle expected higher food costs?



Twitter

@michelleh2os

Driving around #Anchorage with @SamWatters and without the gps and not getting lost. #celebratethesmallstuff

for a run so I figure I can cheat a little w/ moxies #storyofourlives

@nicolelandry_

I guess I'm just so used to missing you that it doesn't really bother me anymore

@samanthamarg "just tell them to f--- off." - my dad's solution to everything

@jana_atkinson

@kiley_jamieson yes!!! Mini mousseeeeeee :) I just went

@xehrusset I just started reading your book and I must say that you are dead on with many of your points listed in the book



Whitney Houston stars in *Sparkle* in another movie that features a posthumous performance. HANDOUT

After their light fades out

Posthumous praise. Houston's role in *Sparkle* isn't the only star to have a movie come out after their sudden death



IN FOCUS
Richard Crouse
scene@metronews.ca

Sparkle actress Tika Sumpter says the movie "adds another diamond" to the legend of Whitney Houston. The film, a remake of a 1976 picture of

the same name, stars the late singer in her final role.

The movie, in which she plays the single mother of a musical prodigy, was being heralded as her comeback, but instead is her swansong. She passed away in February, the result of an accidental drowning in the bathtub of her Beverly Hilton hotel room.

Houston's co-star Jordan Sparks said, "She lights up the screen, and you can just tell she's so full of joy to be doing this."

Houston is not the first performer to earn posthumous praise for a film role. In 2008 Heath Ledger won an Academy Award for his per-

formance as the Joker in *The Dark Knight*, released after his January, 2008 death from accidental prescription drug overdose.

River Phoenix, another actor cut down at the height of his popularity, didn't live to see his final completed film *Silent Tongue*, a movie described as "a haunting tale of love, death and shame in the Old West." *Dark Blood*, the film Phoenix was just 11 days away from finishing when he overdosed in front of the *Viper Room* in Los Angeles, was thought lost to time, but has recently been resurrected and will debut in September at the Netherlands Film Festival.

Old Hollywood also saw its

share of tragic ends and last performances.

The 1930s superstar Jean Harlow died of renal failure while filming *Saratoga*. Instead of replacing her, MGM used three doubles (one for close-ups, another for long shots and a third for dubbing the actress's lines) and re-jigged the story. The salvaged movie became MGM's biggest hit of 1937.

Gary Cooper's last film, *The Naked Edge*, released a month after his death wasn't as well received.

Despite Cooper's best efforts — his cancer required that he take frequent oxygen breaks — the thriller was a flop.

THESE PAGES COVER MOVIE START TIMES FROM WED., AUG. 15 TO THURS., AUG. 16. TIMES ARE SUBJECT TO CHANGE. COMPLETE LISTINGS ARE ALSO AVAILABLE AT METRONews.ca/MOVIES.

Ottawa

Coliseum Ottawa
3090 Carling Ave.,
613-596-9475

(G) Wed-Thru 1:40-4:15-7-9:35

Rideau Centre Cinemas
50 Rideau St., 613-234-3712

(G) Digital Wed-Thru 3:30-6:45-9:10

South Keys
2214 Bank St., 613-736-1115

(G) Wed-Thru 11:20-1:45-4:10-6:45-9:05

Gatineau

StarCité Hull
115 boul. du Plateau,
819-770-1090

(G) Wed-Thru 1:40-4:15-7-9:35

Gloucester

SilverCity
2385 City Park Dr.,
613-688-8800

(G) Wed-Thru 1:40-4:15-7-9:35

Orleans

Empire Theatres Orleans
6 Cinemas

3752 Innes Rd., 613-830-4400
(G) Digital, Wed-Thru 4:10-6:45-9:40

Movie review

Odd Life is oddly unbalanced

The *Odd Life of Timothy Green*

Director: Peter Hedges,

Genre: Drama

● ● ● ● ●

The *Odd Life of Timothy Green* is a little fantasy about a peculiar kid who literally climbs out of the garden one night after a married couple write out the characteristics they seek in a son. It would be a promising premise for a children's book but as a film, this comic-drama falls like the inexplicable leaves shedding from the mysterious kid's ankles. It is sincere but there isn't much fun to balance it out. **STEVE GOW**

2 SCENE

On the Web



Nobel laureates including Desmond Tutu call for NBC to halt *Stars Earn Stripes* reality show

National Capital

CRAFT BEER festival

Aug. 17-18, 2012
11:00 AM to 10:30 PM daily
Just outside Ottawa City Hall

Over 50 Craft Beers!

Brewmaster forums

Great Local Bands

International Craft Beer Experts

Local Artisanal Eateries

for week-long events and more information on the festival
visit our website at nationalcapitalbeerweek.com

2012

WORLD CLASS ROCK

Connect & Engage in a new way
Audio-Visual Solutions, Events & Special Services

prosound & lighting

BOOKKEEPING INC.

alliance events



The Spice Girls

Posh Spice skips out on Olympic after-party

After their reunion on stage at the Olympics closing ceremony, the Spice Girls decided to keep the get-together going — minus one member — as they hit up George Michael's after-party, according to Hollycoop. "They really enjoyed all being

back together," a source says, noting that Victoria Beckham decided to skip out on the revelry. "She did not go back out and so it was just the other four girls. Everyone was a little disappointed that she did not come out to celebrate after."

'That's life' — Gibson not expecting forgiveness

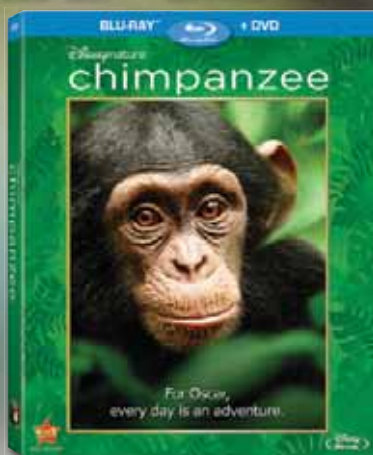
While many wonder if Hollywood will forgive Mel Gibson for his outbursts over the last few years, the actor himself isn't holding his breath. "I don't even think they're vindictive. I don't think they think there's reason to forgive," he tells ComingSoon.Net. "It is kind of ridiculous. It's kind of hard to pinpoint exactly what needs to be forgiven, and I don't consider that anything does because I didn't hurt anyone." Others may beg to differ, including ex-girlfriend Oksana Grigorieva and writer Joe Eszterhas, who taped one of Gibson's tirades after their work on a screenplay fell apart. "That's life," Gib-



Mel Gibson

son says of the incident. "It ain't easy and it's not fair. You've just got to slip the old water off the back and move on."

YOU COULD WIN A COPY OF
CHIMPANZEE
ON BLU-RAY™ COMBO PACK



AVAILABLE EVERYWHERE AUGUST 21ST

To register and for full contest details visit clubmetro.com
Don't forget to like us on Facebook! facebook.com/clubmetrotwitter

METRO DISH

OUR TAKE ON THE WORLD OF CELEBRITIES

The Word



Aniston expands her wedding guest list

THE WORD
Monica Weymouth
scene@metronews.ca

Although he's been engaged to Jennifer Aniston for less than a week, Justin Theroux is already proving to be quite the family man.

After years of estrangement, he's convinced Aniston to add her mother, Nancy Dow, to the wedding guest list.

"Justin comes from a tight-knit family, who he is very close to. He

preaches family values to Jennifer and he said to her he'd love a private, low-key ceremony with all their family members present," a source tells RadarOnline.

Aniston didn't invite Dow to her wedding to Brad Pitt in 2000 — which was only one year after Dow released an unwelcome book about her daughter — but the actress has since softened her stance.

"She agreed, said she'd forgiven her mom for her past discrepancies and that Nancy should be a guest at her second wedding," the source tells Radar.

Is it a nice gesture? We guess. But this is like getting left out of the beach trip, then invited to the sandy drive home.



Robert Pattinson and Kristen Stewart

Split-couple not on highest paid celeb list

While the world waits for word on the status of Robert Pattinson and Kristen Stewart's relationship after Stewart's admission of cheating on Pattinson with director Rupert Sanders, the folks at Forbes magazine seem to have drawn their own conclusions. When the

magazine released its Highest Paid Celebrity Couples list last week, it left off Pattinson and Stewart, who ranked fifth last year.

"Stewart and Pattinson were, in fact, left off the list because they are broken up," a magazine rep tells the Huffington Post.



Rachel Weisz

Rachel Weisz talks marriage, motherhood

Though usually averse to discussing her marriage to Daniel Craig, Rachel Weisz lets a few personal questions in to her interview in the new issue of the U.K. edition of Marie Claire. "It wasn't really like that," Weisz insists when asked if it was love at first sight with Craig. "We'd been friends for ages." She's even more forthcoming on the subject of being

a working wife and mother. "Like any job, there are days when you're just pulling your hair out. The same as anyone who wants to be with their kid or husband," she says. "Every mother feels that, don't they? Of course sometimes it's great to get away and feel, 'Hooray, I'm not changing [diapers] today.' I mean, I love my son, but it's not without conflict."

Twitter



@IMKristenBell

Dear Parents, when on an airplane, do not give your erratic children toys that make tons of noise. Sincerely, Common Sense



@daxshepard1

Watching a doc about Costco. Its a collision of my two favorite things: documentaries and Costco.



@russellcrowe

had an awning attached to mini RV, gym gear under cover, say "had" because at 6am it gave in to the wind, it was a wild night in Reynisfjara



@SarahKSilverman

I slipped, banana-peel style, while running to get the phone. Or as the beaten say, I FELL DOWN

Whether you're a longtime divemaster or just dipping your fins in to scuba, Mexico's muy bonita underwater landscapes beckon. Miles of reef chains, cenotes (natural sinkholes used as gateways to expansive subterranean river systems) as well as some of the best drift diving in the Western Hemisphere will have you itching to get wet.

MIKE DOJC
travel@metronews.ca



Don't be afraid of the bats! ISTOCK

Calvera, Temple of Doom

According to local lore, shipwrecked Spanish conquistadors met their watery graves here as human sacrifices to the rain god Chac. While it's not as booby-trapped as the one in the Indiana Jones film, it is as unsettling from the outset with ominously positioned cutouts in the roof of the cave resembling eye sockets. Then there's the ten-foot plunge into the mouth of the calvera (Spanish for skull) before hitting water. Once inside the underwater chamber overhead, a layer of fruit bats — also known as megabats will have your Spidey-sense tingling. Open water scuba diver certification is a must to explore the depths of this murky cavern.



Are you ready to swim with sharks? ISTOCK

Gordo Banks

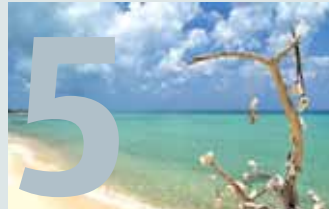
If you're an experienced advanced diver and can handle the deep stuff (the shallowest part of this seamount lies under 130 feet of water), it's well worth the 13-kilometre boat ride from the coast of San Jose del Cabo. While the underwater mountain's lunar-like landscape is worth the trip alone, the highlight reel of this dive will be studying schooling hammerhead sharks.

5

underwater spots in Mexico

Isla Mujeres

A 13-kilometre swim from the beaches of Cancun, the Island of Women, a 650-metre wide sliver of an island, isn't just for hormonal college kids who took the municipality's names a tad too literally. This Isla offers a wide variety of dive sites to satisfy the full spectrum of diving tastes. Beginners can play a Seussical game of one fish, two fish, red fish, blue fish while ogling the vibrant sea life at Manchones Reef. Also, wreck divers exploring the 100-foot deep Ultrafreeze are an additional bonus. The cargo ship's iron and metal haul is a magnet for baitfish and so the bigger guys on the fish food chain including dolphins and barracudas often feed here. Meanwhile, art lovers can take in the Cancun Underwater Museum off the island's western coast. Eco-sculptor Jason de Caires Taylor's stunning 450-piece underwater statue garden is a synergy of art and conservation. The statues are made of pH-neutral cement to promote the growth of coral reef.



Dive sites abound off of Cozumel. ISTOCK

Paradise Reef

If you're transitioning from snorkeling to scuba this shallow reef 200 yards from Cozumel's western coast is a great place to earn your neutral buoyancy cred. While envious shore snorkellers spy the coral from a distance, you'll be able to get up close and personal with the colourful plankton catchers. Be sure to keep a lookout for spotted moray eels and sea horses. If you're not afraid to swim in the dark, Paradise Reef is a very popular night dive spot. Dive sites abound along the Mesoamerican barrier reef system which extends beyond Mexico's Caribbean coast into Belize, Guatemala and Honduras. It's the second largest in the world, behind Australia's Great Barrier Reef.



Catch the views above water, too. LISA ANDRES/FLICR

Sand Falls

Off the shores of San Lucas near Anega Rock, the sand cascades over submerged cliffs like an underwater waterfall. Suitable for intermediate divers but still rewarding to even seasoned veteran underwater explorers, the sand falls start at a depth of 90 feet.

3 FREE

On the web



VisitBritain hopes for post-Olympics boost from Spice Girls, Damien Hirst



The new catalogue is here.



738 Bronson Ave. 224-6 Hunt Club Rd.
613-236-5226 613-236-2323

www.midearth.ca



QUEBEC CITY & WHALE WATCHING

Quebec City - Montreal
Departure dates: Every Saturday
2-day bus tour from \$119

TORONTO - NIAGARA FALLS

1000 Islands - Toronto - Niagara Falls
Departure dates: Saturdays and Wednesdays
2-day bus tour from \$109

NEW YORK CITY FUN

NYC, Washington DC and Atlantic City
Departure dates: Sept. 1st and more
3-day from \$179 4-day from \$209

MARITIME PROVINCES

Gaspe - PEI - Peggy's Cove - Halifax - Bay of Fundy
Departure dates: Every Saturday
6-day bus tour from \$319

All including Bus & Hotel

A day at the amusement park is almost a rite of passage for Canadian kids before they'll even think about going back to school. Luckily there's great ones scattered across the country that promise big thrills and embarrassing roller coaster photographs. So grab your sunscreen and comfortable shoes and head out to one of these five hot spots.

MAE GIFFORD
travel@metronews.ca

Canada's Wonderland

It may compete with African Lion Safari and Marine-land but this Vaughan, Ont., theme park is king for its thrill rides, water park, live entertainment and other attractions. This year's newest roller coaster, Leviathan, features a 306-foot climb, 80-degree drop and reaches a neck-breaking speed of 148 kilometres per hour. Also new to the park is the Dinosaurs Alive! attraction, which features 40 life-sized prehistoric creatures. Admission is \$57.99 for adults and \$33.99 for juniors.



Wonderland's newest roller coaster is Leviathan. CHRIS111/FICKR

4 great Canadian amusement parks



Calaway park boasts 32 rides. TREC LIT/FICKR

Calaway Park

The Vortex roller coaster will make you scream, the carousel will make you feel like a kid again and the illusionist show will make you believe in magic. The largest outdoor family amusement park in Western Canada, this Calgary, Alberta attraction has been entertaining families since it opened in 1982 and now boasts 32 rides. Regular admission is \$33.95 or \$27 for juniors. A family of four is \$89.

Banking that can take you from here



**CIBC RANKED STRONGEST
BANK IN NORTH AMERICA**
Bloomberg Markets
THE WORLD'S
STRONGEST
BANKS 2012

CIBC
FOR
WHAT
MATTERS.

La Ronde

The second largest theme park in Canada, this Montreal attraction is a member of the Six Flags family. Thrill-seekers can put their nerves to the test on roller coasters Vertigo or Vampire while families with small children may opt for tamer rides such as Air Papillon (butterfly). The price for general admission is \$49.99 at the gate, while juniors under 54 inches are \$36.99.

Exclusively online

- **Video.** Check out metronews.ca/food for a video on healthy eating tips from Disneyland, Calif.



Put your nerves to the test on La Ronde's roller coasters. THE ANTI PAUL/FICKR

Galaxyland

Located inside the ever-popular West Edmonton Mall, Galaxyland features 24 rides and play areas. It's a destination for the entire family as adults can shop and kids can run wild at the amusement park or World Waterpark, which has an indoor wave pool and 17 waterslides. General admission to Galaxyland is \$36.95 and \$30.95 for people under 48 inches tall.



Galaxyland has 24 rides for all the family. JASONPARIS/FICKR

Raiding attic turns into a Capitol idea

New York history. The Capitol's artifacts are pulled out of storage and put on display, offering visitors a glimpse of the past

New York's Capitol has been the workplace of future U.S. presidents, U.S. Supreme Court justices, premier thinkers and even scoundrels. Now the statehouse is telling some of its long-hidden tales by filling its hallways with artifacts that are drawing thousands of visitors.

The newly displayed pieces of Americana include a 1762 slave bill of sale, early abolitionist decrees, Gov. Nelson Rockefeller's massively stretched Lincoln Continental from the Mad Men era, and a curious chunk of old iron: A three-foot link from Gen. George Washington's defence system, which strung a quarter-mile chain across the Hudson River at West Point to stop British ships during the Revolutionary War.

In less than a year, marble halls that for most of their 130 years had been used simply as routes between offices have been transformed into a museum. Every few steps, slices of American and state history give even veterans of these hallways pause.

It's a fitting new role for the cavernous

Capitol, which has hosted many U.S. presidents and other important figures — including at least one after death. A marker shows U.S. President Ulysses S. Grant's body was viewed in state after he died in upstate New York.

For decades, most of the artifacts were boxed in a warehouse in neighbouring Schenectady County or stored in climate-controlled cabinets in the state archives. But in the last year, New York has raided its attic.

Now the eclectic collection is on display. The artifacts include an iron dumbbell-like device shot from cannons in the days of tall ships, a 1966 Harley-Davidson motorcycle used by state police, Benedict Arnold's treason papers and documents related to important programs created by Govs. Theodore and Franklin Roosevelt before they became presidents. There also items from key moments in the women's rights and labour movements.

The artifacts can be seen in regular tours of the Capitol or, as thousands of visitors are increasingly doing, by wandering through the working statehouse. Detailed signs are augmented by audio explanations that can be heard by cellphone.

"It's really beautiful, from

the classic cars to the Assembly hall," said Deepak Dhungana, 38, of Sydney, Australia, who was visiting family in Albany. "There's a sense



A wagon used during the suffrage movement on display. THE ASSOCIATED PRESS



Old documents remind visitors of New York's rich history. THE ASSOCIATED PRESS

of freedom. You can go anywhere."

He and his family were admiring a 1924 Ford truck, the first model the company offered with an open pickup truck design. Behind them, on the underground concourse of the Empire State Plaza that connects to the Capitol, was a long, blue 1931 Pierce-Arrow

said Pathak, 31, of Dallas. "It's beautiful. Why not display it?"

Gov. Andrew Cuomo ordered the dusting off of these

items. He wants New York's rich history to remind Americans of the Empire State's critical role in the past and to inspire New Yorkers to cut a

similar path for the future. The free exhibit is intended to reveal history, unvarnished and directly, and it succeeds.

THE ASSOCIATED PRESS



My favourite place in Canada. Bears, belugas and bulldogs: Daily Planet's Ziya Tong loves Seal River, Manitoba

I'm face down in murky green water, my ankles are tied to a rope and I'm being dragged behind the wake of a speedboat. Sounds like a scene right out of a mafia flick, but with my snorkel gear on, I'm actually having a ridiculously good time singing underwater with over 50,000 migrating beluga whales.

My pick for Canada's top-secret travel destination? Seal River, Northern Manitoba. Before this summer, I probably wouldn't have pegged Manitoba as "exotic" either, but after joining a beluga tagging expedition with Oceans North in July, I was stunned to see wildlife migrations that rival the Serengeti in our own backyard. If you're up for a rugged adventure, this is an arctic hotspot. Seal River Heritage Lodge sits at the edge



Find wildlife migrations that rival the Serengeti in Seal River. TRAVEL MANITOBA

of the estuaries, and offers a comfortable and rustic setting with fantastic home-cooked food. And forget hotel doormen, when you walk outside here you get a guide with flares and a shotgun. There are polar bears on the doorstep, remember. Beyond the belugas and the bears, I would be remiss to not mention the other visiting guests. For about a month each year, the horseflies are so

rampant that they even live up to their nickname: bulldogs. But if you have adventure in your blood, it's worth losing a few ounces to the suckers. In the summer, there's the beauty of the midnight sun, and I'm pretty sure they'll have checked out when I return for the Northern Lights in the winter.

ZIYA TONG IS CO-HOST OF THE DISCOVERY CHANNEL'S DAILY PLANET, THE 18TH SEASON STARTS SEPT 4.

all the way to Philadelphia.

Get up to 30,000 Aeroplan® Miles* with the CIBC Unlimited® Chequing Account and CIBC Aerogold® Visa Infinite™ Card.

30,000 Aeroplan Miles is more than enough to redeem for a ClassicFlight® reward in Economy Class to anywhere in Canada or the Continental USA.¹

Speak to a CIBC advisor today.

Visit any branch, go to cibc.com/chequing or call 1 800 465-CIBC (2422).



FOR WHAT MATTERS.

*Conditions apply. Ask for details. Open a CIBC Unlimited Chequing Account (UCA) and enroll in the Aeroplan feature from July 3, 2012 – October 31, 2012 (Oct. 17, if by phone/online), complete qualifying transactions, make a Visa Debit purchase (by phone/mail/online/at stores outside of Canada) using your CIBC Advantage Debit CardTM and have CIBC Overdraft Protection Service on your UCA by Dec. 31, 2012. ¹Under Aeroplan's current reward chart, earn a long-haul ClassicFlight Reward for 30,000 Aeroplan Miles (applicable fees and taxes are additional). Visit aeroplan.com for details. ²Aeroplan, Aerogold and ClassicFlight are registered trademarks of Aimia Canada Inc.; CIBC authorized licensee. ³Visa Int./lic. user. ⁴Registered trademark of CIBC. ⁵Trademark of CIBC. "CIBC For what matters." is a trademark of CIBC.

AHEAD OF THE CURVE

The dog days of summer may not inspire thoughts of returning to university or college, but a lack of preparation now might come back to bite you.

Deborah Rowan-Legg, vice-president of student services at Algonquin College, says getting a head start in the last weeks of summer can help students thrive when the year begins.

“The more a student can anticipate and be organized as the term begins, the less likely they are to fall behind or have any anxiety,” she says.

She suggests logging into your student account to look at your upcoming timetable. It’s usually released a month before classes start and tells you where and when the classes are and what books you will need. Start reading — it will make learn-

USE THE LAST WEEKS OF SUMMER TO START PREPARING FOR THE UPCOMING SCHOOL YEAR



ISTOCKPHOTO/THINKSTOCK

ing easier once classes begin.

If you are worried about a particular course, contact student services about your concerns and book a peer tutor ahead of time.

If you will have a job this term, you can gauge your scholastic workload now and figure out how much time that leaves for work. If you are going back to a job,

touch base with your supervisor today to have the best chance at getting shifts that work around your classes.

“If the student has applied for financial assistance, ensure their application is complete and they’re receiving the assistance for which they qualify, so there won’t be any delay,” Rowan-Legg adds. “It’s a precautionary step.”

Lorna Millard, an academic adviser at Vancouver Island University, says a major mental shift for students straight out of high school is that they are now treated as adults, not children or young adults.

“It’s a big transition,” she says. “The onus is on the student. The institution will provide all kinds of support, but we don’t ram it down their throats.” — *Jon Tattrie*

Advance your Career — with Free Workplace Language Training

Information Sessions

BUSINESS	Tuesday - September 4, 11, 18, 25
TECHNOLOGY	Wednesday - September 5, 12, 19, 26
HEALTHCARE	Thursday - September 6, 13, 20, 27

All sessions are 6:00 p.m. - 7:00 p.m. in room A148 - Please bring a copy of your resume.

Algonquin College offers FREE Occupation-specific Language Training (OSLT) for newcomers who are permanent residents or protected persons with English proficiency at the Canadian Language Benchmark (CLB) 6 to 8 levels.

Contact us today to attend an information session!
Call the Language Institute at 613-727-4723 ext. 5700, or visit in person, room B442.

Funded by:

Citizenship and Immigration Canada

Financed per:

Citoyenneté et Immigration Canada

INVEST IN YOUR CAREER

LANGUAGE TRAINING IS FREE FOR THOSE NEW TO CANADA

Building your career in a Canadian workplace requires more than credentials. You will need to interview and network successfully; communicate with peers; and understand the culture of your workplace.

If you are new to Canada, how will you acquire these skills? There is help, and it’s free.

Funded by Citizenship and Immigration Canada, Occupation-specific Language Training (OSLT) is offered at Algonquin College in Ottawa and across Ontario college campuses.

If you are a permanent resident or a protected person with job training or sector experience and language proficiency at Canadian Language Benchmark (CLB) levels 6 to 8 in one skill area, you could be eligible for OSLT to improve your communication skills and your success on the job in Canada.

Algonquin OSLT business graduate Andres Olmos arrived in Canada with years of work experience and education, including



ISTOCKPHOTO/THINKSTOCK

an MBA from the University of Monterey in northeastern Mexico. However, finding a job here wasn’t easy.

“The workplace culture was too different,” he remembers. “But my OSLT course taught me how to relate to people professionally in Canada — how to introduce myself, how to work positively with colleagues and clients from the beginning. It was very useful.”

Today, Olmos is a successful financial adviser working with clients in Ottawa.

To learn more about Occupation-specific Language Training at Algonquin College, call 613-727-4723, ext. 5700, visit online at algonquincollege.com/OSLT, or in person at Algonquin College Woodroffe Campus, Room B442, in Ottawa.

TAILORED FIT

ALGONQUIN OFFERS PART-TIME AND ONLINE OPTIONS

Education should never be “one size fits all.” At Algonquin College’s Centre for Continuing and Online Learning, you can find a program tailored to your schedule, your learning style, and your life.

The Centre for Continuing and Online Learning offers three types of program delivery: part-time on campus; part-time online; and full-time online.

If you are a hands-on learner with a busy schedule, a part-time on campus program may work best for you. If you are a more independent learner, a part-time



EARLY CHILDHOOD EDUCATION

online program may be a better fit. And if you are a committed independent learner, unable to commute to campus but willing to put in full-time hours to complete a program, then a full-time online program is the best choice.

Part-time programs allow you to register on a course-by-course basis. You can choose to register for one or more courses, then decide whether to complete the whole program. Full-time programs require an

application through ontaricolleges.ca.

The Centre for Continuing and Online Learning is always assessing students’ needs and adding new programs and courses to meet industry demands. For example, in addition to the full-time on campus delivery, the Early Childhood Education program is now available part-time on campus, part-time online, and full-time online.

Currently, the centre offers programs

in fields including business, community studies, construction trades and building systems, health studies, hospitality and tourism, information and communications technology, language studies, media and design/music, and police and public safety.

To learn more about these programs, and how to register for one today, visit the Centre for Continuing and Online Learning’s website at GOAlgonquin.com/educationthatfits.

EARN YOUR EDUCATIONAL CREDENTIALS ONLINE

Are you a self-motivated, independent learner? Are you disciplined and computer-savvy? Do you have excellent time management skills and a willingness to commit full-time hours to completing a college diploma? If so, you might want to consider taking a program full time online.

Algonquin College’s Centre for Continuing and Online Learning gives you the opportunity to earn your credentials online, within the same time frame as completing a program full-time on campus. You might even earn them faster. You can study anywhere, even if you live far from Algonquin’s facilities, as long as you have a computer and a reliable Internet connection.

Studying independently online doesn’t mean you are alone. Online courses still incorporate group work: It takes place through discussion boards and other online tools, instead of face-to-face. Along with course information and assignments, discussion boards can be accessed 24/7.

In addition, students are able to communicate with the facilitator at any time.

Full-time online programs have the same course load as full-time on campus programs. However, as an online student, you will have the option to fast track



FULL-TIME ONLINE LEARNING

through your program by completing three semesters annually instead of taking a semester off during the summer months.

With a total of 16 programs now available full-time online, it’s easier than ever to get the education you need.

A few examples include: Business–Accounting; Construction Project Management; Performance Coaching;

and Business Administration.

There is also the interesting Forensic Accounting and Fraud Investigations program — through which you will study the methods used to investigate and analyze financial evidence, apply computer techniques to investigations, and understand the theories of ethics and criminology. If you have a background in business, auditing, accounting, or law,

ADD TO EXISTING EXPERIENCE

Algonquin’s Centre for Continuing and Online Learning currently offers 10 graduate certificate programs online as well as seven programs on campus, allowing you to build on your existing educational experience and advance your career from your home, office, or anywhere.

Part-time graduate certificates offered on campus include a variety of specialty programs in Nursing as well as Teachers of English as a Second/Foreign Language.

Other graduate certificates are available part-time and full-time online and cover a number of fields and business sectors. Programs range from Construction Project Management and Victimology to Performance Coaching, Technical Writer and Emergency Management.

For a full list of graduate certificate programs, visit GOAlgonquin.com/educationthatfits.

you have the educational experience needed to enter this program.

For a complete list of programs, visit GoAlgonquin.com/educationthatfits.

LEARNING IS

The Algonquin College Centre for Continuing and Online Learning help you find an education that fits into your lifestyle by letting you choose how you want to learn.

WHAT DO YOU WANT TO LEARN?

Choose from hundreds of programs and courses in a multitude of fields including:

- Business
- Community Studies
- Construction Trades and Building Systems
- Health Studies
- Hospitality and Tourism
- Information and Communications Technology
- Language Studies
- Media and Design / Music
- Police and Public Safety
- Personal Development



PART-TIME ON CAMPUS

HOW DO YOU WANT TO LEARN?

Take a course or take a whole program. Individual course registration helps you find the courses that fit into your schedule.

TAKE A COURSE.

- | Registering online is quick and easy.

START A PART-TIME PROGRAM.

- | Take a course or take several while you work towards your certificate or diploma.

COMMIT TO A FULL-TIME ONLINE PROGRAM.

- | Full-time programs get you there faster. Apply now to start a full-time online program this fall.



PART-TIME ONLINE

A LIFESTYLE.

ning can
g you decide...

What you learn. How you learn. Where you learn.

WHERE DO YOU WANT TO LEARN?

PART-TIME ON CAMPUS

is great if you...

- Prefer interacting face-to-face
- Are looking for hands-on experience in industry-specific labs
- Enjoy the social aspects of a college atmosphere
- Find a fixed class schedule helps keep you on track
- Want to take advantage of on-campus facilities and services

PART-TIME ONLINE

is perfect if you...

- Are comfortable using a computer, email and the Internet
- Are a self-directed learner with a reliable Internet connection
- Are working full-time or are raising a family
- Travel often for work or pleasure
- Have strong time management skills

FULL-TIME ONLINE

is ideal if you...

- Are a self-motivated, independent learner
- Have excellent time management skills
- Are disciplined and can commit full-time hours to complete your program
- Enjoy working and participating in a virtual learning environment

FULL-TIME ONLINE



**TALK TO US
FACE-TO-FACE!**
Don't miss us at...

Bayshore Shopping Centre August 18

St Laurent Shopping Centre August 24, 25, 26

Rideau Centre August 31



If you are a current part-time or online student with the Centre for Continuing and Online Learning, or if you are one of our graduates, we would love to hear your story!

To find out more, please contact Julie at eavesj@algonquincollege.com

GOAlgonquin.com/educationthatfits

ALGONQUIN
COLLEGE

WORK AT A PACE THAT SUITS YOU

A lot of people learn best when they can meet their instructors face-to-face. They enjoy the structure of set class times, having their questions answered immediately, interacting with their peers, and benefiting from hands-on learning. If this sounds like your kind of learning environment, then a part-time on campus course or program through Algonquin College's Centre for Continuing and Online Learning may be right for you.

Part-time on campus courses and programs provide the flexibility you need to advance your education while still working full time or tending to other commitments, such as your family. If your schedule only allows you to take one or two courses at a time, a part-time on campus program makes that possible. You can work towards a certificate or diploma at a pace that fits your lifestyle.

There are many advantages to studying part-time on campus. Onsite learning allows you to converse face-to-face with your instructor as well as fellow students. You will benefit from their questions as well as your own. You can incorporate the skills of working with others into your future workplace. You may even make new friends and build valuable contacts for networking.

Part-time on campus programs prepare you for careers requiring a high degree of



PART-TIME ON CAMPUS LEARNING

technical skill and familiarity with certain tools, equipment, and techniques. As a result, many part-time on campus courses are held in industry specific labs, allowing you to gain hands-on experience.

Courses in the Photography Techniques program, for example, are held in a fully-equipped photographic studio. Once you have learned both the technical skills and the theory behind composition, lighting, and editing, you can apply that knowledge immediately, gaining valuable experience.

By combining expert instruction with a unique, real-world learning environment, the photography techniques program allows you to advance your photography career — or simply learn how to take more interesting photos. A few other examples of part-time on campus programs using specialized labs include Esthetics, Culinary Skills, Groomer Assistant, and Cabinetmaking Techniques.

The benefits of face-to-face learning, the structure of a traditional course

WHAT'S NEW

Algonquin College's Centre for Continuing and Online Learning is offering a lineup of new online programs — each responding to the needs of students and the demands of the marketplace. All of these programs are available in part-time and full-time delivery methods:

- Added to Algonquin's list of online business programs are General Arts and Science–Pre-Business, and Office Administration–General.
- New to the community studies field are the online programs Child and Youth Worker (Year 1*), and Fitness and Health Promotion (Year 1*).
- Algonquin is also offering a new online public safety program, Community and Justice Services (Year 1*).

** Programs indicated with an asterisk are online for Year 1 only. The remainder of the program must be completed full time on campus.*

schedule, and the flexibility to make it all work: Algonquin College's part-time on campus programs might just have the mix you are looking for.

LEARN ANYTIME, ANYWHERE WITH ALGONQUIN

It doesn't matter how busy you are, or how far you live from campus: the convenience of part-time online learning can help you reach your goals.

The Centre for Continuing and Online Learning's part-time online programs allow you to learn anywhere, anytime, giving you the flexibility to work a full-time job, spend time with your family, or travel.

You can choose exactly how many courses you want to take. Some students have interests specific to a single course, rather than a whole program — for them, registering for individual courses is the best option. Others want to earn a certi-

cate or diploma, but need extra time due to other commitments. For these students, registering for a few courses per semester makes more sense. Whatever your personal situation, chances are your part-time online program can be adapted to match it.

Part-time online programs are available in a wide range of fields and disciplines. You can study anything from Autism and Behavioural Science, to Bookkeeping, to Fitness and Health Promotion, any time of day, all from the comfort of your home or office. Even the first year of the popular Child and Youth Worker program is now available part-time online. Students gain

the skills needed to develop and implement a wide range of prevention, intervention and treatment strategies to facilitate positive change in the lives of children, youth, and their families.

As an Algonquin College part-time online student, you will benefit from great facilitators and an online support team to help you stay on track. You will have access to discussion boards where you can post questions and comments for your facilitator or other students in the course. You can access these discussion boards, along with course information and assignments, all hours of the day or night, seven



PART-TIME ONLINE LEARNING

days a week.

Whether you have a little spare time or a lot, part-time online courses and programs offer you the flexibility to customize your education.

IN JUST SIX WEEKS

Earn a Project Management Certificate in just six weeks. Designed for professionals with project management experience and taught by PMP-designated instructors, the program covers techniques for managing successful projects.

Algonquin College is a Project Management Institute (PMI) Registered Education Provider (REP).

PATHWAYS

- Algonquin College's articulation agreements with numerous universities help you transfer your college credits to a university degree.
- Numerous Algonquin College courses can be counted as credits toward recognized professional designations/certifications, such as CGA, PMP, Oracle, CIB, CHRP, and many more.

DID YOU KNOW?

- Algonquin's online students have access to 24/7 technical support.
- On campus students can access the Mobile Learning Centre 24/7.
- On campus parking is free on weekends, and after 5 p.m. on weekdays.
- Online Learning students come from across Canada and the United States and from countries in Africa, South America, and the Caribbean.

STUDENT SUPPORT

- One-on-one academic advising is available to all part-time and online students at Algonquin College; either face-to face or via online meeting tools, such as Doodle, Skype, and AnyMeeting.
- Online facilitators use tools such as blogs, wikis, virtual presentations, screen sharing, and virtual chats to communicate with students.



ISTOCKPHOTO/THINKSTOCK

CGA MAKES USE OF LATEST TECHNOLOGY

Becoming a certified general accountant (CGA) puts you on the fast track to building an exciting career with strong earning potential. Now the program is addressing the needs of busy, working individuals through online instruction.

Lorraine Cipparrone is a CGA and on-line instructor with the program. She says the CGA training still offers live lectures, but is moving towards a completely online format. "This way everybody, no matter where they are, they can learn."

In order to make it easier for working students, the CGA program makes use of the latest Internet technology.

"A lot of students are finding that with this busy environment that we're in, between working and family and paying student loans, they don't have time to attend a classroom," Cipparrone says.

Each of the CGA lectures are recorded and made available online. If you are unable to attend the live lecture, you can listen to it at your leisure.

"It's great for students who have English as a second language because even if they were attending live and they don't catch

something, they don't feel out of place," Cipparrone says. "They just go back and listen to it over and over again until they understand the material, so they like that."

Throughout the semester, students make use of an online discussion board with quick access to instructors. "So if they have any questions, they can post a question, I get the message right away and I can go online and I can address their concerns immediately."

The student clientele for the CGA is quite broad, says Cipparrone. "We have students that have just left the college program, students that just left university, immigrants from out of country, whether they're accountants in their previous countries or not, and anybody in the workforce. It's a very wide range of students, and a very large age range, too."

You can also take your degree along with the CGA.

"We have actual agreements with universities such as Laurentian, so once you're in the CGA program, you would take a few extra courses and actually earn a degree along with your designation."

FORGET THE WHOLE STAIRCASE. JUST TAKE THE FIRST STEP.



We see more than numbers.

Another reason to enrol in the CGA program now.

The first step is enrolling in the CGA program. Get your application in before August 21 and start learning by **September**.

Get the details at **CGA-DoMore.org/Enrol**

2 LANGUAGES = BETTER OPPORTUNITIES

FRENCH LANGUAGE EDUCATION WILL SERVE YOU WELL

It's been said that knowing another language is like having a second perspective on the world.

While that may sound quite lofty, many Canadians certainly know what it means to enjoy two languages. If you are proficient in English and French your odds of getting better and higher paying jobs are greater. It's believed your communication skills are heightened and potentially more effective. Same goes for academics.

The cognitive brain benefits of knowing two languages have been well-documented. In fact, a York University study found links between bilingualism and a delay in the onset of dementia and Alzheimer's.

For Ottawa's Ian Mumford, the advantages of a French-language education have had a dramatic and lasting impact on his three daughters, all of whom attended francophone primary and secondary

schools, where they embraced their immersion in French culture.

"Most importantly, they gained more openness and respect for cultural differences," says Mumford, who is the chief operating officer of Canadian Blood Services.

"Those two qualities will serve them well in the years ahead and will make them attractive to employers and will lead to sustained bilingualism in Canada."

Next to Quebec, Ontario has

the largest francophone population with nearly 600,000 people, or

five per cent of the population. It stands to reason then that Ontario would offer a vast network of French Language Education (FLE).

Whether you are three or 30, it's not too late to start your education in French. Full-time junior and senior kindergarten programs are available within the network, which comprises about 95,000 students in Catholic and public school boards. The FLE currently has about 430 elementary and secondary schools in addition to two French-language colleges and nine bilingual universities.

The FLE also offers early-childhood programs, extracurricular activities and summer camps, as well as support services for newcomers, families and students, adult programs and internships.

In addition to providing students an opportunity to experience the rich and diverse environment of a French educational culture, the network of schools offers top-notch academic results that surpass provincial, national and international averages.

For more information about FLE, its schools and its curriculums, visit elfontario.ca.



Take your dreams
to greater heights
with French-language
education. elfontario.ca



Éducation en langue
française en Ontario



JUST PLAY!

AT OTTAWA SPORT & SOCIAL CLUB

The Ottawa Sport & Social Club (better known as OSSC) is a club for adults who just want to play sports and have fun — they call it recess for adults and the tag line may say it all.

Launched in 2003, the club offers a variety of co-ed recreational sports, tournaments and social gatherings throughout the year for anyone 19 years of age or older.

The twist is that in addition to the series of organized sports from dodgeball to volleyball to curling the social aspect of the league is just as important as the game itself. With more than 21 different offerings, this growing club involves more than 8,500 Ottawans playing every



OTTAWA SPORT & SOCIAL CLUB PHOTO

week at sports fields and indoor facilities throughout the city, five nights a week, year round.

The OSSC is open for anyone to join regardless of how good you are at sports, although there is a competitive level for those who are ambitious. The main goal is to allow people to have fun, meet new people and get yourself into a healthy lifestyle while being active. You can get involved by registering as an individual, an individual with friends or as a full

team. If you are not into team sports, OSSC offers other options such as classes including boot camp, zumba and yoga held throughout the year.

To expand on the “social” side, OSSC has partnered with the Royal Oak so members can meet up for free food and chat. It gives teams and players a chance to socialize, meet new people and continue the fun from games. OSSC has also created partnerships with local businesses where members can take advantage of

amazing benefits and deals. OSSC has a strong connection with the community and often donates to local charities.

If you are interested in participating in any of the fall sports, tournaments or classes that OSSC offers, register now. The deadline to register is Sept. 5.

To learn more about the Ottawa Sport & Social Club, visit osscc.ca or call the office at 613-565-8326.

If you are looking for more fun in your life, OSSC may just be the right place.



FALL REGISTRATION NOW OPEN!

INDOOR – 12 weeks offered

OUTDOOR – 6 weeks offered

21 DIFFERENT SPORTS & CLASSES TO CHOOSE FROM

ALL LEVELS WELCOME!

For full details and to register for the Fall 2012 season, go to www.osscc.ca

Register as an individual, group, or full team

REGISTRATION DEADLINE:
WEDNESDAY, SEPTEMBER 5 AT MIDNIGHT

CO-ED ADULT SPORT LEAGUES



OSSC KANATA LEAGUE

TUESDAY – Volleyball
WEDNESDAY – Dodgeball
THURSDAY – Floor Hockey

OSSC ORLEANS LEAGUE

TUESDAY – Court Volleyball
WEDNESDAY – Dodgeball
THURSDAY – Floor Hockey

OSSC.ca | info@osscc.ca | 613.565.TEAM (8326)



For some pomp, check out the changing of the guard on Parliament Hill each morning at 10. OTTAWA TOURISM PHOTO



The ByWard Market is one of Canada's oldest and largest public markets. OTTAWA TOURISM PHOTO

Having fun on a tight budget

KELLY
PUTTER
For Metro

Staycations aren't restricted to your front porch anymore, especially if you are in or around the Ottawa area.

From sandy beaches and festivals to government landmarks, galleries, museums and parks, the nation's capital has plenty of free and low-cost things to see, hear and do this summer.

"Ottawa offers a rich variety of free or nearly free activities for all ages," says Caroline Couture-Gillgrass, communications co-ordinator with Ottawa Tourism.

"Whether you're interested in outdoor activities, urban exploration, world-class mu-

seums or special events, there are many alternatives for people travelling on a tight budget."

Festivals and outdoor events are a huge part of summer fun in Ottawa and there is plenty to choose from. With affordable pass-the-hat admission, a Company of Fools theatre troupe is performing its rendition of Shakespeare's *Henry V* at various parks around the city until Saturday. For more info, see fools.ca.

If you prefer more of a flashy performance, why not try Mosaika, a free light and sound show that tells the story of Canada using Parliament Hill as its backdrop. Nightly, bilingual shows run until Sept. 3. See canadascapital.gc.ca/celebrate/mosaika for details.

Enjoy movies in Dundonald Park on Friday and Saturday nights throughout August. Bring a lawn chair and munchies. Admission is pay what you can. For shows and times, call 613-232-1534.

Indian, Mexican, Italian, German — it's all here in reasonably priced portions of delicious street food. Consider Trailer Pork Boys, where pork poutine and pulled pork sandwiches reign supreme. Or how about an artisan pizza with local ingredients baked in a mobile wood-fired oven from the Flatbread Pizza Company?

The ByWard Market is a must-see for foodies. Purchase fixings for your picnic lunch or explore cafés, restaurants, pubs, and specialty food shops in addition to museums, boutiques and galleries.

If you feel like cooling off after some spicy food, consider visiting one of Ottawa's four beaches — Britannia, Mooney's Bay, Petrie Island and Westboro. Washrooms



If you are into arts and culture, a trip to the Canadian War Museum is an affordable option for a day out. OTTAWA TOURISM PHOTO

and parking plus other amenities are available until Sept. 3. Lifeguards are on duty until Sunday. For more info, call 613-580-2590.

More of an arts and culture buff? You are in the right city. A trip to the Canadian War Museum or the Royal Canadian Mint won't break the bank. For some pomp, watch the changing of the guard cere-

mony on Parliament Hill each day in summer at 10 a.m. Many museums and galleries including the National Gallery of Canada, the Canadian Aviation and Space Museum, and the Canadian Museum of Civilization offer free admission times. See ottawatourism.ca/en/media/story-ideas/themes/free-or-nearly-free-ottawa for dates and times.



Meander along the Rideau Canal on a bike ride. OTTAWA TOURISM PHOTO

Sunday Bikedays

- Hop on your bike, strap on your in-line skates or just hoof it around paved pathways that meander along rivers and the Rideau Canal. Sunday Bikedays close off motorized vehicles

to 52 kilometres of the most picturesque rides, allowing cyclists, in-line skaters and runners to rule from 9 a.m. to 1 p.m. Sunday Bikedays run until Labour Day weekend (Sept. 1-3).

SuiteDreams.com

Special Festival Rates

Cartier Place SUITE HOTEL
LOCATION • HOSPITALITY • VALUE

Treat the Family!

Family Tourist Package
includes complimentary discounts to Museums, Attractions and Restaurants

250 Spacious Suites with Kitchens | Romantic Suites with Jacuzzi
Complimentary WiFi | Games Room | Indoor Pool | Fitness Room & Sauna
Banquet Rooms | Playground with Shuffleboard | Residences

180 Cooper Street | PHONE: 613.236.5000 | FAX: 613.238.3842
FOR RESERVATIONS: 1.800.236.8399

Located between the Rideau Canal and trendy Elgin Street
Walking distance to all major sites the Ottawa Convention Center

Downtown Ottawa
2012 Winner **TripAdvisor** 'Certificate of Excellence'

Pet Friendly

Mediterranean goes fruity with watermelon-topped Greek pita

Not only are these Greek Pita Flatbreads easy to prepare, but they are also healthy and satisfying.

In this recipe, watermelon replaces traditional toppings, providing a unique, refreshing taste.

Remember, the fruit is 90 per cent water, making this dish very juicy.

These pitas are most ideal for a quick afternoon snack or to serve tapas-style at a summer gathering in your backyard.

1. Spread 15 ml (1 tbsp) tzatziki on each of the four

whole-wheat pitas.

2. Dividing all of the ingredients, top each pita evenly with cooked and sliced chicken breast, chopped watermelon, chopped cucumber, sliced red onion, crumbled feta cheese, pitted olives and cracked black pepper.

3. Garnish the top of each pita with fresh oregano and a wedge of lemon. Serve them immediately.

THE CANADIAN PRESS/ NATIONAL WATERMELON BOARD, WATERMELON.ORG

Ingredients

- 4 whole-wheat pitas (15-cm/6-inches in diameter)
- 60 ml (4 tbsp) prepared tzatziki sauce
- 2 chicken breasts (each 175 g/6 oz), cooked and sliced
- 375 ml (1 1/2 cups) chopped watermelon
- 125 ml (1/2 cup) chopped English cucumber

- 50 ml (1/4 cup) sliced red onion
- 60 ml (4 tbsp) crumbled feta cheese
- 12 kalamata olives, pitted
- 1 ml (1/4 tsp) black pepper, cracked
- Fresh oregano leaves
- Lemon wedges

Greek Pita Flatbread



This recipe serves four. THE CANADIAN PRESS H/O

Drink of the Week

Canadian take on Latin-American drink

- 1 muskmelon or 1 l (4 cups), strawberries or raspberries
- 375 to 500 ml (1 1/2 to 2 cups) cold water
- 30 to 45 ml (2 to 3 tbsp) lime juice
- 15 to 30 ml (1 to 2 tbsp) granulated sugar
- Melon cubes, for garnish

Peel and seed muskmelon. Cut into chunks and measure out 1 l (4 cups). Place in food processor and purée along with 375 ml (1 1/2 cups) water. Place sieve over bowl. Using back of ladle and pressing in circular motion, press fruit through. Stir in 30 ml (2 tbsp) of lime juice and 15 ml (1 tbsp) of sugar. Add more water if mixture is too thick (it should be thin). Add additional lime juice or sugar, if needed. Refrigerate and serve very cold. THE CANADIAN PRESS/ WATERMELON.ORG



Fennel Egg Salad Sandwich. Veggie offers modern take on the classic

Fresh fennel resembles a cross between cabbage, celery and dill.

The taste is assertively licorice and sweet. The base of the fennel is round with tightly overlapping pale green leaves. Sprouting out of that are long celery-like stalks topped with fine frilly leaves.

Technically speaking, all parts of the plant are edible, but most people will find the stalks too tough and fibrous to eat.

The leaves can be

chopped and used to flavour salads, dressings, marinades and sauces. They tend to be slightly more citrusy flavour than the base.

The base (or bulb) is delicious raw or cooked. The thick bottom and outer leaves usually are trimmed off, then the rest can be sliced or chopped.

Here, it's used to remake the classic egg salad sandwich.

1. In a medium bowl, whisk together the mayon-

naise, mustard, hot sauce and lemon zest and juice. Taste, then season with salt and pepper.

2. Mix in the red onion and fennel. Coarsely chop the eggs, then gently stir them in. The eggs should be thoroughly mixed, but not mashed.

3. Arrange a bed of greens over 3 slices of the bread, then divide the egg salad between them. Sprinkle each with smoked paprika before topping with a second slice

Ingredients

- 1/2 cup mayonnaise
- 1 tbsp Dijon mustard
- Splash hot sauce
- Zest of 1/2 a lemon
- 1 tsp lemon juice
- Salt and black pepper
- 1 small red onion, finely diced
- 1/2 fennel bulb, trimmed and finely chopped
- 6 eggs, hard-boiled, cooled and peeled
- Lettuce or other greens
- 6 slices sandwich bread, lightly buttered and toasted
- Pinch smoked paprika

of bread.

THE ASSOCIATED PRESS



This recipe serves three. MATTHEW MEAD/ THE ASSOCIATED PRESS



The new catalogue is here.



Manage your management role

Best of the bosses.

It's your first time in the power position, play the part with positive results

ELIAS
DA SILVA-POWELL
TalentEgg.ca

Management experience is a valuable asset, particularly if you're looking for an entry-level job.

Regardless of your area of expertise, a position as a manager indicates to prospective employers that you can be trusted with authority and are capable of maintaining a big-picture perspective while tending to particulars.

However, getting this experience can be a bumpy ride, particularly in the seasonal and part time positions where students and recent graduates usually achieve management roles.

You might find yourself in charge of people significantly older than you, or former co-workers who had their eyes on your job. The following advice should help you stay afloat as



Admitting to your team that you need their help in a certain area shows them that you are honest and that you value their abilities. ISTOCK

you set sail in your management role.

Manage yourself

If you manage a group of individuals who already understand the full scope of their responsibilities (like a retail store, for example), you'll be able to provide a minimal amount of direction, reducing the likelihood of tension or misunderstanding.

In a more collaborative workplace, you'll need to provide oversight without interfering with group dynamics.

In either case, try and take a step back from your position of authority and allow employees to fill that space. Encourage as much communication and discussion as is appropriate. Any decisions that employees can make through group consensus should be left

to their discretion.

Outline roles

Some workplaces assign duties informally, teaching each employee his or her responsibilities through word of mouth. This can lead to tension when unexpected tasks arise.

If possible, formalize existing responsibilities in writing as a group.

This practice will hopefully encourage open discussion and collaboration when the unexpected happens, as well as ensuring all employees are familiar with each other's responsibilities.

It will also help ensure that no one can accuse you of sloughing unpleasant tasks onto one particular person you "don't like."

Reinforce the chain of command

Just as your staff answer to you, you're accountable to a higher-up. While you don't want to undermine your authority, make sure that your employees are aware of your role as part of a chain of command.

Frame team objectives not only in terms of tasks—be sure to emphasize long-term goals as dictated to you from above.

Accept the inevitable

As with any endeavor, you won't become a perfect manager overnight – it takes hard work:

- Be prepared to make mistakes, despite your best efforts.
- Accept that some people won't like your decisions.
- Push yourself to learn from this experience, but don't expect it to be smooth sailing.
- With luck, your first management position in a part time or entry level job will be the start of a lifelong learning process.

If your staff are a sociable bunch, post-work gatherings can be a tightrope you have to cross.

People let off steam outside of work by saying things that they can't say at work. You don't want to overhear anything that might impact your ability to do your job professionally and above reproach.

At the same time, refusing to take any part in staff gatherings will make you seem unfriendly and aloof, and impact on morale and communication at work.

Try and walk a fine middle ground. Attend social events infrequently and avoid joining impromptu plans. When you go, stay long enough to talk to everyone briefly. Be neither the life of the party nor a wet blanket. Leave quietly, not furtively.

RECENT QUEEN'S UNIVERSITY ENGLISH LANGUAGE AND LITERATURE GRADUATE ELIAS DA SILVA-POWELL IS A SUMMER MARKETING AND EDITORIAL INTERN AT TALENTEGG.CA WHO IS RETURNING TO QUEEN'S THIS FALL TO COMPLETE A MASTER'S DEGREE IN ENGLISH.

TALENTEGG.CA IS CANADA'S LEADING JOB SITE AND ONLINE CAREER RESOURCE FOR COLLEGE AND UNIVERSITY STUDENTS AND RECENT GRADUATES.

Don't be afraid to admit to your team when you'll need to pass their questions up the chain. It's better to be honest about the limits of your knowledge than risk moving outside your authority.

Cut the social stuff

PART-TIME CONSTRUCTION WORKER...

FULL-TIME ONLINE

CONSTRUCTION PROJECT MANAGEMENT STUDENT

Construction Project Management - Graduate Certificate
Available part-time online and full-time online

LEARNING IS A LIFESTYLE. EDUCATION THAT FITS.

Algonquin College's Centre for Continuing and Online Learning offers hundreds of programs and courses in a multitude of fields.

Choose how you want to study:

- Take a course
- Start a part-time online program
- Commit to a full-time online program

FALL CLASSES START SOON. SELECT YOUR PROGRAM TODAY.

GOAlgonquin.com/FTOL

ALGONQUIN
COLLEGE

Looking for work? The Y can help.

Visit the Employment Access Centre to receive one-on-one support with your search for employment from our professional staff.

For more information please contact us at ymcaywca.ca or

180 Argyle Avenue
4th Floor
Ottawa, K2P 1B7
613-788-5001

1642 Merivale Road (Merivale Mall)
2nd Floor
Nepean, K2G 4A1
613-688-2150

ymcaywca.ca **EMPLOYMENT ONTARIO** **YMCA-YWCA of the National Capital Region**

How to please the new big cheese

Welcome to the team! Make the very best of a boss switch

CHELSEA NEWTON
TalentEgg.ca

Many students and recent grads look to their managers to set the tone for their current and future working relationships.

There is comfort in having worked for a manager for a long period of time — they understand the way you think, they have trust in your abilities, and they know the best way to coach and encourage you.

So how do you start all over again when you get a new manager? It's a scary time, but also a great opportunity to grow your skills and be challenged by a new perspective.

It's very important for student and entry-level employees to be open, build credibility, and want the new reporting line to work.

Here are some tips if you have a new manager.



Unsure about the new boss? Open conversation and transparency will work well on both sides to create a strong working relationship. iStock

Set things up

If possible, speak with your current manager about the transition they are completing with your new manager before it takes place. If you had an open relationship

with your previous manager, you can help shape this discussion by highlighting key things that really work in your current relationship.

If your current manager is unable to have a transi-

tion with your new manager, take matters into your own hands.

Put together a "get to know me" email with your job description, org chart of your team (if applicable),

Twitter

@TalentEgg •••••
How can students and new grads hone their #leadership and #management skills?

@dizzypuma •••••
Take the #lead WHENEVER the chance arises!

@GregRyderVAN •••••
Attend Webinars, Seminars &

Read Books! Learn to lead yourself if U want others to follow. Check out @JohnCMaxwell #leadership

@asadh7866 •••••
by taking every chance to lead a group whether at work, school or at extracurriculars and taking initiatives in these groups

previous performance review, and current targets and goals. Book a meeting with your new manager to get to know each other, walk through your current workload and review your goals.

Come in open minded

Your new manager is going to likely operate differently, so you should seek to understand their perspective. Don't make snap judgments.

Ask questions

This is tied to not making quick decisions or judgments. Ask questions to seek understanding about

changes your new manager is making if they aren't giving you the rationale or background.

Deliver results

Delivering results with a great attitude is the best way to will build your personal credibility with a new manager.

CHELSEA NEWTON IS THE SENIOR TALENT MANAGEMENT ADVISOR AT ATHABASCA OIL SANDS CORP.

TALENTEGG.CA IS CANADA'S LEADING JOB SITE AND ONLINE CAREER RESOURCE FOR COLLEGE AND UNIVERSITY STUDENTS AND RECENT GRADUATES.

GET CAREER READY IN LESS THAN ONE YEAR!



DIPLOMA PROGRAMS IN: BUSINESS

Accounting and Payroll Administrator

- 38 wk program
- Canadian Payroll Association (CPA) endorsed
- multiple accounting employment opportunities

Paralegal

- Accredited by the Law Society of Upper Canada
- 44 wk program including 4 wk co-op work placement

Travel Counsellor Online

- study on your time, from anywhere
- CITC endorsed

DIPLOMA PROGRAMS IN: HEALTHCARE

Fitness and Health Promotion

- 40 wk program 3 wk externship
- CanFitPro preparation including
- FIS PTS NWS Certifications

Medical Office Assistant

- 30 wk program including 4 wk co-op work placement
- 9 am or 1 pm class start time

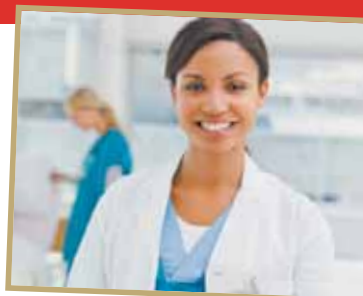
Personal Support Worker

- 27 wk program including 11 wk co-op work placement
- NACC endorsed
- Full time and part time available

Pharmacy Technician

- 40 wk program with 8 wk co-op work placement
- CCAPP accredited

CALL TODAY
Classes Starting Monthly!
613-722-7811



ALGONQUIN CAREERS ACADEMY

1830 Bank Street 613-722-7811 www.algonquinacademy.com

Career Training

**Be Hands-on with
Massage Therapy**



Change your life with
career training as a
massage therapist.

Everest COLLEGE
BUSINESS • TECHNOLOGY • HEALTH CARE

Call Now for More Information!
1-866-643-6317
www.TrainAtEverest.ca

Ottawa East

16 CONVENIENT LOCATIONS IN ONTARIO

EVEREST COLLEGE IS THE LARGEST PRIVATE CAREER COLLEGE IN ONTARIO
WITH MORE THAN 9,000 ENROLLMENTS IN ONTARIO ANNUALLY

Financial assistance may be available for those who qualify. Career services assistance available to graduates. Morning and afternoon classes available. Evening classes vary by campus. Programs and schedules vary by campus.

Pitch in a pinch

Effective on the elevator. The clock is ticking, so prepare what you want to say

BRUCE WALSH
liffe@metronews.ca

Motivational speaker Terri Sjodin has taught her persuasive sales techniques to hundreds of companies nationwide, from AETNA to the YMCA. An off-featured speaker at Republican Party leadership events, Sjodin's latest book — *Small Message, Big Impact: The Elevator Speech Effect* — is an attempt to apply her strategies to everyday office situations.

How do you stay true to yourself and still craft an effective pitch? When I do workshops, I videotape people telling a personal adventure story. While they're sharing it, they're animated, and they use their own little colloquialisms. Basically, they're having fun. Their natural voice comes through. Then I take that same person and video them giving a business presentation. They suddenly become like Stepford [wives]. There's this fictitious



You only had a few seconds, but you sold them! ISTOCK

business mode that people think they need to adopt. Now, I'm not saying you shouldn't behave appropriately in a meeting, but starting to blend in your natural passion would be a good first step.

Where do people go wrong in crafting an elevator speech?

They don't take the time to craft it. They wing it. It takes time and effort to honestly ask yourself: What do I want to say? What's important about what I want to say? And, more importantly, what does the listener think is important? What's the sexy nugget about what I have to say?

But the listener often throws wild cards at you.

That's why, before every business meeting, it's also important to ask yourself a basic question: What do I want to happen as a result of this meeting? Once you know what you want — in plain and clear language — it becomes easy to work out what they need to hear in order to give you that.



A Career in Ultrasound!

The Diagnostic Medical Sonography program is a 20-month, first-discipline program that trains students to perform abdominal, pelvic, vascular, obstetrics and gynecological ultrasound imaging. Students can enter into this program directly from high school as long as they have the prerequisites in English, math, biology and physics.

Ultrasound is a growing field with excellent employment prospects and a great salary (\$68,000 - \$86,000 per year). At schools across Canada, hundreds of applicants are turned away every year so grab this unique opportunity to enter the program this September!

BECOME A MEDICAL SONOGRAPHER

DIAGNOSTIC MEDICAL SONOGRAPHY
20-MONTH DIPLOMA PROGRAM (Probationary)

SEATS AVAILABLE THIS FALL!

ALSO AVAILABLE

BECOME A DENTAL HYGIENIST

DENTAL HYGIENE
18-MONTH DIPLOMA PROGRAM
C.D.A.C. ACCREDITED



Canadian National Institute of Health

613-726-(CNIH)2644 • 1-866-726-(CNIH)2644
www.cnih.ca

INTENSIVE FRENCH AS A SECOND LANGUAGE IN OTTAWA

Improve your performance in a work environment with our French as a Second Language courses!

Our 10 week courses consist of 60 hours of interactive grammar, conversation classes, and socio-cultural community visits. During those 10 weeks, you'll spend:

- 3 hours a week on campus improving your grammatical skills
- 2-3 hours a week in conversation classes
- 1 hour a week of virtual assistance
- 8 hours of socio-cultural community activities

The courses start on October 2. Classes are on Tuesday and Thursday evenings from 6:00-9:00 pm. Placement tests will be administered during weeks 2 and 3 in September 2012. The cost of the course is \$486.⁰⁶

NOW ENROLLING!
To register or request information,
please email mhill@lacitec.on.ca

In **cité collégiale**
Le Collège des meilleures pratiques

PART-TIME OUTREACH WORKER...

PART-TIME ONLINE COMMUNITY AND JUSTICE SERVICES STUDENT

Child and Youth Worker – Advanced Diploma
*Year 1 is available online, the remainder of the program must be completed on campus

LEARNING IS A LIFESTYLE. EDUCATION THAT FITS.

Complete the first year of these popular programs part-time or full-time online, then complete the remainder of the program full-time on campus.

- Business – Marketing
- Community and Justice Services
- Police Foundations

FALL CLASSES START SOON. SELECT YOUR PROGRAM TODAY.

GOAlgonquin.com/PTOL

ALGONQUIN
COLLEGE

MLB

Baseball enjoying attendance bump

The extra playoff spot in Major League Baseball this season has thickened the races, with several teams well within October's reach despite taking mediocre records into the stretch run.

That's having an impact in the seats — as has some good weather, signs of life in the economy and other factors.

The major-league average of 31,516 through Monday was up 4.3 per cent from 2011's final average of 30,229, according to STATS LLC.

THE ASSOCIATED PRESS

MLB

Catcher Mathis earns extension in Toronto

The Toronto Blue Jays have signed catcher Jeff Mathis to a two-year, \$3-million US contract extension, the club announced Tuesday.

The deal includes \$1.5-million club option for the 2015 season.

Mathis, 29, is batting .215 with nine doubles, six home runs and 19 RBIs in 46 games with Toronto this year.

In 38 starts this season he has committed just one error in 305 total chances. THE CANADIAN PRESS



Blue Jays catcher Jeff Mathis.
GETTY IMAGES FILE



NHLPA executive director Donald Fehr, centre, speaks at a press conference on Tuesday in Toronto with some of the NHL's top stars. CHRIS YOUNG/THE CANADIAN PRESS

Players willing to take less in new CBA

NHL. NHLPA's offer designed to produce 'a stable industry,' says union head Fehr

As it tabled its first offer in the latest round of NHL labour talks, the NHL Players' Association presented itself as a partner looking to help fix the league's problems — but not one willing to bear all the burden.

Flanked by superstars Sidney Crosby and Alex Ovechkin, NHLPA executive director Donald Fehr said Tuesday the union's offer includes a smaller percentage of revenues for players and an expanded revenue-sharing program to help struggling teams.

"We do believe that the pro-

League's take

An NHL proposal tabled last month called for a significant decrease for players in revenue share by introducing new contract restrictions, including a five-year cap on deals.

- Commissioner Gary

Bettman said he hopes to continue talks Wednesday.

- "It's clear to me that they didn't put (the counter-offer) together in an hour or two.... We're going to need to take a little bit of time to evaluate it," Bettman said.

posal the players made today, once implemented, can produce a stable industry ... that can give us a chance to move beyond the recurring labour strife that has plagued the NHL the last two decades," said Fehr.

By the union's calculations, the deal could see players give up as much as \$465 million US in revenue if the league continues to grow at an average

rate for the next three seasons.

The proposal includes delinking the salary cap from hockey-related revenue and setting a fixed rate — increasing by two per cent for the first year, four per cent for the second and six per cent for the third.

Afterwards, the players would hold an option to have the fourth year revert back to

the current system, where they are entitled to receive 57 per cent of all revenues.

The NHLPA's belief is that owners would pocket more profits over the first three years of the deal, some of which could be dispersed to struggling franchises in an effort to strengthen the league overall.

"I like it a lot," Crosby said of the proposal. "I think, as Don said, it's addressing the issues that the league has. (We're) making sure as players that we do our part to help those (struggling) teams out, but also holding the teams accountable."

"At the end of the day, it's going to take both (sides) to do that."

The current CBA expires Sept. 15 and the NHL has said there will be a lockout if a new agreement isn't in place by then. THE CANADIAN PRESS

Impressive Luck focused on improving



Colts No. 1 pick Andrew Luck looks over centre during Sunday's pre-season game against the St. Louis Rams in Indianapolis. JOE ROBBINS/GETTY IMAGES

Andrew Luck brought his revised to-do list to work on Tuesday.

Make better protection calls. Complete more passes. Get ready for his first NFL road test at Pittsburgh.

For now, it's short and simple.

"I think you just try and get better," Luck said Tuesday when the Colts returned to practice at Anderson University in Indiana. "Obviously, it was nice to go out and play a game and do some good things, do some bad things."

Bad things? Good luck finding those in Sunday's 38-3 vic-

tory over St. Louis.

All Luck did in his first NFL exhibition game was go 10 of 16 for 188 yards with two touchdowns and a 142.6 quarterback rating, leading the Colts to their most lopsided pre-season win since a 35-0 shellacking of Washington in 1966.

Since then, analysts and observers have spent countless hours heaping praise on the man who had been called the most NFL-ready quarterback since Peyton Manning entered the league in 1998. Luck lived up to the billing Sunday. THE ASSOCIATED PRESS

Keeping perspective

Nobody understands better than Andrew Luck that it was only one game, and a pre-season game at that.

- Rams players said they didn't give Luck many complicated looks, though they blitzed on the first play, which Luck beat with a short screen pass that Donald Brown turned into a 63-yard TD pass.

Mobile sports



As Canada's Olympians return home, another crop of athletes is heading to London. The Canadian Paralympic team was officially named Tuesday during a send-off at Toronto's Pearson airport. Some 145 athletes will suit up in 15 sports for Canada, which is aiming for a top-eight finish in the medal standings. Scan the code for the story.

4 SPORTS

MLB

AMERICAN LEAGUE

EAST DIVISION				
	W	L	Pct	GB
New York	68	47	.591	—
Tampa Bay	63	52	.548	5
Baltimore	62	53	.539	6
Boston	57	59	.491	11½
Toronto	55	60	.478	13

CENTRAL DIVISION				
	W	L	Pct	GB
Chicago	62	52	.544	—
Detroit	61	55	.526	2
Cleveland	54	62	.466	9
Minnesota	50	65	.435	12½
Kansas City	49	65	.430	13

WEST DIVISION				
	W	L	Pct	GB
Texas	67	47	.588	—
Oakland	61	53	.535	6
Los Angeles	60	56	.517	8
Seattle	53	64	.453	15½

Tuesday's results

Boston at Baltimore
Texas at N.Y. Yankees
Chicago White Sox at **Toronto**
Detroit at Minnesota
Oakland at Kansas City
Cleveland at L.A. Angels
Tampa Bay at Seattle

Monday's results

Toronto 3 Chicago White Sox 2 (11 inn.)
Minnesota 9 Detroit 3
Tampa Bay 4 Seattle 1
N.Y. Yankees 8 Texas 2
Cleveland 6 L.A. Angels 2

Wednesday's games

All times Eastern
Detroit (Scherzer 11-6) at Minnesota (De Vries 2-3), 1:10 p.m.
Tampa Bay (Hellickson 7-7) at Seattle (F.Hernandez 10-5), 3:40 p.m.
Boston (A.Cook 3-5) at Baltimore (Mig.Gonzalez 4-2), 7:05 p.m.
Texas (Feldman 6-7) at N.Y. Yankees (F.Garcia 6-5), 7:05 p.m.
Chicago White Sox (Floyd 8-9) at **Toronto** (R.Romero 8-9), 7:07 p.m.
Oakland (McCarthy 6-3) at Kansas City (W.Smith 3-4), 8:10 p.m.
Cleveland (R.Hernandez 0-0) at L.A. Angels (E.Santana 5-10), 10:05 p.m.
Thursday's games
Texas at N.Y. Yankees, 1:05 p.m.
Boston at Baltimore, 7:05 p.m.
Chicago White Sox at **Toronto**, 7:07 p.m.
Oakland at Kansas City, 8:10 p.m.
Tampa Bay at L.A. Angels, 10:05 p.m.

AL LEADERS

	G	AB	R	H	Avg.
Trout, LAA	93	376	89	128	.340
McCabe, Det	116	458	75	148	.323
Mauer, Minn	106	393	66	126	.321
Jeter, NYY	113	484	68	154	.318
Konerko, ChiW	101	377	49	119	.316
Ortiz, Bos	89	320	65	101	.316
Revere, Minn	80	336	44	106	.315
Rios, ChiW	111	430	69	135	.314
AJackson, Det	94	370	74	116	.314
Cano, NYY	115	451	74	141	.313

RBI — MiCabrera, Det, 99; Hamilton, Tex, 99; Willingham, Min, 85; Fielder, Det, 84; **Encarnacion**, **Toronto**, 80; AdGonzalez, Bos, 80; ADunn, Chi, 78; Pujols, LA, 78.
Home Runs — ADunn, Chi, 33; Hamilton, Tex, 32; **Encarnacion**, **Tor**, 30; Granderson, NY, 30.
Stolen Bases — Trout, LA, 37; **RDavis**, **Toronto**, 33; Revere, Minn, 28; Crisp, Oakland, 25.
Tuesday's 9 games not included

NATIONAL LEAGUE

EAST DIVISION				
	W	L	Pct	GB
Washington	72	44	.621	—
Atlanta	66	49	.574	5½
New York	55	60	.478	16½
Philadelphia	53	62	.461	18½
Miami	52	64	.448	20

CENTRAL DIVISION				
	W	L	Pct	GB
Cincinnati	69	46	.600	—
Pittsburgh	64	51	.557	5
St. Louis	62	53	.539	7
Milwaukee	52	62	.456	16½
Chicago	45	69	.395	23½
Houston	38	79	.325	32

WEST DIVISION				
	W	L	Pct	GB
Los Angeles	63	53	.543	—
San Francisco	63	53	.543	—
Arizona	58	57	.504	4½
San Diego	52	65	.444	11½
Colorado	42	71	.372	19½

Tuesday's results

L.A. Dodgers at Pittsburgh
N.Y. Mets at Cincinnati
Philadelphia at Miami
San Diego at Atlanta
Houston at Chicago Cubs
Arizona at St. Louis
Milwaukee at Colorado
Washington at San Francisco

Monday's results

San Diego 4 Atlanta 1
Colorado 9 Milwaukee 6
Philadelphia 4 Miami 0
Chicago Cubs 7 Houston 1
Washington 14 San Francisco 2
L.A. Dodgers 5 Pittsburgh 4
Wednesday's games
All times Eastern
Philadelphia (Halladay 6-6) at Miami (Buehrle 9-11), 12:40 p.m.
Houston (B.Norris 5-9) at Chicago Cubs (Germans 1-2), 2:20 p.m.
Milwaukee (M.Rogers 0-1) at Colorado (Moscoso 0-1), 3:10 p.m.
Washington (Strasburg 13-5) at San Francisco (Lincecum 6-12), 3:45 p.m.
L.A. Dodgers (Kershaw 10-6) at Pittsburgh (W.Rodriguez 7-11), 7:05 p.m.
N.Y. Mets (Dickey 15-3) at Cincinnati (Leake 4-7), 7:10 p.m.
San Diego (Volquez 7-8) at Atlanta (Maholm 10-7), 7:10 p.m.
Arizona (J.Saunders 6-8) at St. Louis (Wainwright 10-10), 8:15 p.m.
Thursday's games
L.A. Dodgers at Pittsburgh, 4:05 p.m.
N.Y. Mets at Cincinnati, 7:10 p.m.
San Diego at Atlanta, 7:10 p.m.
Philadelphia at Milwaukee, 8:10 p.m.
Arizona at St. Louis, 8:15 p.m.
Miami at Colorado, 8:40 p.m.

NL LEADERS

(Buehrle 9-11, 12:40 p.m.
Houston (B.Norris 5-9) at Chicago Cubs (Germano 1-2), 2:20 p.m.
Milwaukee (M.Rogers 0-1) at Colorado (Moscoso 0-1), 3:10 p.m.
Washington (Strasburg 13-5) at San Francisco (Lincese 6-12), 3:45 p.m.
L.A. Dodgers (Kershaw 10-6) at Pittsburgh (W.Rodriguez 7-11), 7:05 p.m.
N.Y. Mets (Dickey 15-3) at Cincinnati (Leake 4-7), 7:10 p.m.
San Diego (Volquez 7-8) at Atlanta (Mahom 10-7), 7:10 p.m.
Arizona (J.Saunders 6-8) at St. Louis (Wainwright 10-10), 8:15 p.m.

Thursday's games
L.A. Dodgers at Pittsburgh, 4:05 p.m.
N.Y. Mets at Cincinnati, 7:10 p.m.
San Diego at Atlanta, 7:10 p.m.
Philadelphia at Milwaukee, 8:10 p.m.
Arizona at St. Louis, 8:15 p.m.
Miami at Colorado, 8:40 p.m.

LATE MONDAY

JAYS 3, WHITE SOX 2 (11 INN.)

Chicago	ab	r	h	bi	Toronto	ab	r	h	bi
De Aza cf	5	0	0	0	RDavis lf	5	0	0	0
Youkilis 3b	4	0	0	0	KJhnsn 2b	3	1	0	0
ADunn 1b	5	2	3	2	Enomc dh	5	0	2	1
Rios rf	5	0	0	0	Cooper 1b	5	0	2	1
Przyns dh	4	0	1	0	YEscobar 3b	4	0	0	0
AlRmrez ss	4	0	1	0	Sierra rf	3	1	2	1
Viciedo lf	4	0	1	0	Vizquel 3b	4	0	1	0
Flowers c	4	0	1	0	Mathis c	3	0	0	0
Bchm 2b	4	0	0	0	Goss cf	2	1	0	0
Totals	39	2	7	2	Totals	34	3	7	3
Chicago	000	100	001	00-2					
Toronto	001	000	100	01-3					

One out when winning run scored.

DP—Chicago 1, Toronto 1. LOB—Chicago 5, Toronto 6. HR—A.Dunn 2 (33), Sierra (1). SB—Rios (17), Gose (5). CS—AlRamirez (5), Viciedo (1), Gose (2).

	IP	H	R	ER	BB	SO
Chicago						
Peavy	8	5	2	2	2	6
Myers	1	0	0	0	0	2
Crain	11-3	0	0	0	1	0
Septimo L,O-2	0	0	1	1	1	0
N.Jones	0	2	0	0	0	0
Toronto						
Villanueva	7	5	1	1	1	8
Lyon H,3	1	0	0	0	0	2
Janssen BS,2-17	1	2	1	1	0	0
Delabar W,3-1	2	0	0	0	0	6

Septimo pitched to 1 batter in the 11th. N.Jones pitched to 2 batters in the 11th. HBP—by Peavy (Gose, K.Johnson). WP—Delabar. PB—Mathis.
Umpires—Home, Brian Knight; First, Mike Winters; Second, Mark Wegner; Third, David Rackley.
T—3:05. A—16,828 (49,260).

BLUE JAYS STATISTICS

BATTERS	AB	R	H	HR	RBI	AVG
Sierra	32	4	12	1	3	.375
McCoy	13	2	4	0	3	.308
Encarnacion	408	71	120	30	80	.294
Cooper	115	13	33	4	10	.287
Lawrie	397	59	112	9	40	.282
Davis	277	48	71	6	32	.256
Escobar	423	50	105	7	37	.248
Rasmus	415	56	103	20	66	.248
Bautista	328	63	80	27	65	.244
Arencibia	281	36	68	16	50	.242
Johnson	392	50	91	13	43	.232
Lind	198	17	45	8	27	.227
Mathis	135	20	29	6	19	.215
Vizquel	108	10	23	0	3	.213
Gose	64	7	12	0	2	.188
Gomes	74	8	13	3	10	.176
Hechavarria	20	1	2	0	0	.100
PITCHERS	W	L	SV	IP	SO	ERA
Mathis	0	0	0	2.0	0	9.00
Jenkins	0	0	0	4.0	2	0.00
Lyon	1	0	0	10.0	20	0.90
Oliver	2	2	2	42.2	42	1.27
Janssen	1	1	15	45.2	46	2.36
Loup	0	2	0	15.2	10	2.87
Morrow	7	4	0	77.2	67	3.01
Villanueva	6	2	0	80.2	86	3.12
Perez	2	2	0	80.2	39	3.43
Lincoln	0	0	0	7.0	4	3.86
Frasor	1	1	0	36.0	45	4.00
Delabar	3	1	0	44.1	60	4.06
Alvarez	7	9	0	135.2	51	4.58
Hutchison	5	3	0	58.2	49	4.60
Drabek	4	7	0	71.1	47	4.67
Laffey	3	3	0	61.0	32	4.72
Romero	8	9	0	143.2	59	5.32
Happ	1	1	0	17.0	16	6.35
Santos	0	1	0	2.0	4	9.00
Coello	0	1	0	6.1	1112.79	

Tuesday's game not included

CFL

EAST DIVISION									
	GP	W	L	T	PF	PA	Pt		
Hamilton	6	3	3	0	182	151	6		
Toronto	6	3	3	0	138	151	6		
Montreal	6	3	3	0	164	188	6		
Winnipeg	6	1	5	0	127	199	2		

WEST DIVISION									
	GP	W	L	T	PF	PA	Pt		
B.C.	6	4	2	0	158	119	8		
Edmonton	6	4	2	0	139	99	8		
Calgary	6	3	3	0	186	174	6		
Saskatchewan	6	3	3	0	175	141	6		

WEEK 8

Thursday's game

Hamilton at Winnipeg, 8 p.m.

Friday's game

Montreal at Edmonton, 9 p.m.

Saturday's game

Toronto at Calgary, 7 p.m.

Sunday's game

Saskatchewan at B.C., 7 p.m.

FOOTBALL

NFL PRE-SEASON

Monday's result

Dallas 3 Oakland 0

Thursday's games

All times Eastern

Cleveland at Green Bay, 8 p.m.
Cincinnati at Atlanta, 8 p.m.

SOCCER

MLS

EASTERN CONFERENCE

	GP	W	L	T	GF	GA	Pt
Kansas City	24	13	7	4	30	22	43
New York	24	12	7	5	40	34	41
Houston	24	11	6	7	35	27	40
Chicago	23	11	7	5	28	25	38
Montreal	26	10	13	3	36	43	38
D.C.	22	11	8	3	36	29	38
Columbus	20	8	8	4	20	21	28
Philadelphia	21	7	12	2	23	27	23
New England	23	6	12	5	26	29	23
Toronto	22	5	13	4	25	40	19

WESTERN CONFERENCE

	GP	W	L	T	GF	GA	Pt
San Jose	24	14	5	5	47	29	47
Salt Lake	25	13	9	3	36	30	42
Seattle	23	10	6	7	32	24	37
Vancouver	24	10	7	7	28	29	37
Los Angeles	25	11	11	3	43	39	36
Chivas USA	21	7	9	5	14	25	26
Dallas	25	6	11	8	29	34	26
Colorado	24	8	15	1	31	35	25
Portland	22	5	12	5	20	37	20

Note: 3 points for a win, 1 for a tie.

Wednesday's games

All times Eastern

Los Angeles at Columbus, 7 p.m.

Portland at Toronto, 7 p.m.

Dallas at Vancouver, 10 p.m.

Saturday's games

Vancouver at Seattle, 4 p.m.

Crosstrek: As real as it gets



ALL PHOTOS WHEELBASE

A more macho look

The right look is critical for any sport ute-style vehicle and Subaru has provided the Crosstrek with its own distinctive nosepiece, front and rear bumpers, roof rails and rear spoiler.

In addition, extra cladding for the wheel arches and rocker panel has been installed.

Ground clearance

The slightly bigger front brake rotors add stopping power and a hiked-up suspension provides 22 centimetres of ground clearance, which is about eight more than the Impreza. That's just shy of the competing Jeep Patriot's 23-centimetre stance and should be plenty for straddling rock-strewn terrain and fording shallow streams.

2013 Subaru XV Crosstrek

- **Type.** Four-door, all-wheel-drive compact hatchback.
- **Engine (hp):** 2.0-litre DOHC horizontally opposed four-cylinder (150).
- **Mileage:** L/100 km (city/hwy) 7.5/5.5.
- **Base Price (incl. destination):** \$29,000 (est.).



The horizontally opposed engine layout lowers the centre of gravity and provides all kinds of underhood room.

Engine

The Crosstrek's 148-horsepower 2.0-litre four-cylinder engine comes straight from the Impreza. That's significantly less oomph than the pre-2012 170-horsepower Impreza, but the offset is 7.5-l/100 km city and 5.5 l/100 km highway ratings that crush the old "Imp's" 10.4/7.7 numbers.

Review. It's the right Subaru for the times

MALCOLM GUNN

Wheelbase Media

Is this Subaru for real, or is the new XV Crosstrek arriving this fall just faking it?

If another automaker attempted to elevate one of its small wagons to the status of "off-roader," it would risk becoming an industry laughing stock.

But Subaru is different. It always has been. And just when you think the Japan-based company has settled down and become a conservative member of the community, it ratchets up the funkiness and creates this bold and brash offshoot of its Impreza wagon.

You just gotta love it.

In developing the niche-oriented Crosstrek, the Impreza wagon was an ideal starting point.

Subaru completely re-

invented its popular entry-level model for the 2012 model year, making it larger, better looking and significantly more fuel-efficient (albeit less powerful) than before. And with its standard four-wheel-drive, the Impreza has the right stuff to be converted into a pseudo Rubicon Trail-conquering hero.

The reality, however, is that the Crosstrek is best suited for rough road and weather conditions plus limited off-trail adventuring.

Anyone familiar with Volvo's XC70 wagon will think of this Subie as a scaled-down and less expensive copycat as well as sharing kinship with the current Subaru Outback wagon.

Adding the XV Crosstrek to a growing lineup that now also includes the BRZ sports coupe gives Subaru a wider cross-section of vehicles.

It's by no means a Jeep or Land Rover-style rock-crawler, but for more typical rugged outdoor activities, the XV Crosstrek is about as real as it gets.



The interior is basically a carbon copy of the standard Impreza interior.



More ground clearance, custom-look wheels and rounded rear make quite the visual statement.

By comparison



1 Volvo XC70 AWD
Base price: \$45,000



2 Jeep Patriot 4x4
Base price: \$20,000



3 Nissan Xterra 4x4
Base price: \$35,500

On the Web



Scan code for more car reviews and news

5 DRIVE

The art of the car wash: We put the options to the test

Auto Know. By machine and by hand, we experiment with a \$160 K supercar

TODD D. BURLAGE
wheelbasemedia.com

From grade-schoolers raising a buck for the band, to Butch in the driveway with a hose and a sponge, the art of the car wash has been around for as long as ... well, as long as the car.

Some folks are meticulous about keeping their cars clean. Others wait for the next rain-storm to do the job.

But for those of who question Mother Nature's detailing ability, what's the best method for keeping a vehicle clean?

Does the TLC of a hand wash in the driveway outweigh the convenience and ease of the automatic/drive-thru wash? Not a chance, at least according to a 2007 study from the University

of Texas at Arlington.

"The results are depressing, at least to the car owner who, up to now, has firmly believed in hand washing," the study findings were summarized in part. "...Under the microscope, the paintwork (after hand washing) looked like a cratered landscape. The paintwork was deeply scored and scratched — the result of dirt and trapped sand particles."

The two cars used in the study were each washed 25 times — estimated to be a year's worth of car washes — one by hand, and the other by machine. After which the paint "scars" were examined by microscope on both vehicles.

"By comparison, the surfaces of the test vehicle washed with automatic car washing equipment appeared different," the summary reported. "It was remarkably smooth, the result of evenly moving and rotating cloth pads and curtains."

The study also suggested that the garden hose used by



A not-quite-white Audi R8 seems like the perfect way to test out a couple of wash methods. We hand washed the passenger side (including the roof, hood and hatch) by hand, took photos, and then drove the whole thing through a touchless automatic car wash to compare. Research might show less damage with an automatic wash as opposed to contact with a wash mitt, but the hand washed car was cleaner overall. It would seem that the direction you choose depends on the time you have and how fussy you are. HANDOUT

TWO WAYS TO WIN WITH SHELL!

Shell Favourite Road Trip Contest
 Relive your favourite road trip for a chance to win \$1,000 of Shell fuel.
 To enter, just submit a 250 word essay describing your favourite road trip!
 Contest closes on September 16, 2012.
 Visit www.shell.ca/favouriteroadtrip for details.

Fuel up for Summer road trips ahead with New Shell Nitrogen Enriched Gasolines! Now containing 20% more cleaning agents than before. No other gasoline protects your engine¹ better!

5,000,000 AIR MILES®* reward miles Giveaway
 Make a Shell pit stop for fuel and more at the convenience store for a chance to win 1 of 1,000 prizes of 5,000 AIR MILES reward miles.
 Visit www.airmiles.ca/shellcontest for details.





*Protection of intake valves and fuel injectors. ®Trademark of AIR MILES International Trading B.V. Used under license by LoyaltyOne, Inc. and Shell Canada Products. ®Trade-mark of Shell Brands International. Used under license.



Since the automatic car wash can't see that it didn't get all the bugs off, it sometimes doesn't get all the bugs off. Hand power wins over tech. HANDOUT



Pretty much any physical contact with the paint surface can cause scratches, but when drying it helps to start with a clean towel. Unless it's spitting out fire or gravel, the air dryer at the automatic car wash wins this round. HANDOUT



After two passes with the soap, the auto wash spits this stuff all over the car. Whatever it is — apparently wax — it smells great. And you never have to get out of your car. Two more checkmarks for the auto wash. HANDOUT



Auto car washes come with disclaimers, instructions and a keypad you have to type a code into. At home, it's just a hose. Winner? Hose. HANDOUT

do-it-yourselfers in the driveway is unable to supply enough water or pressure to safely remove dirt without injuring the vehicle's finish.

Experts say if left unattended acids in bird poop, bug guts and tree sap can cause paint to fade and do serious damage to the finish. And that was our cue to test out a couple of theories ... on a \$160,000 Audi R8.

Hey, what's in that goop?

While the University of Texas study indicates automatic/drive-thru car washes are the safest, thoughts of vehicle damage and the great unknown of what the heck is coming out of those spray nozzles makes every car owner squeamish at the wash.

Sure, the colorful foam that looks like regurgitated cotton candy smells curiously nice when applied to your vehicle but what is it? That "soap" is just a mix of Sodium Dodecylbenzenesulfonate, Neodol, a surfactant, a little added scent, and water ... all of which sounds

like a mad-chemist's evil cocktail, but is actually benign when mixed properly.

The first mouthful — Sodium Dodecylbenzenesulfonate — is a common ingredient in laundry detergent that helps to loosen the dirt when mixed with water. Neodol is widely used in common surface cleaners, and helps give the car a waxy protective finish. And the surfactant helps the water work peacefully with the detergent in the cleaning process.

The familiar conveyor-type car wash operates on an intricate system of lasers, mitter curtains, computers, scrubbers, nozzles, hydraulics, brushes and dryers, which is a design that has been around since the 1930s and has evolved since.

For the novice, mitter curtains are the long, soft, stationary strips of cloth that hang near the entrance of the wash tunnel. Scrubbers are the large, rotating cylinders with hundreds of small cloth strips attached to them. These rotate

and a high rate of speed, up to 500 revolutions per minute, and would feel like a whip if you decided to roll down the window for a touch.

The more recent touchless wash systems use high water pressure to clean the vehicle instead of brushes, minimizing the chance of surface damage and lowering liability costs for car wash proprietors. The nozzles of each jet are arranged like a pinwheel and the incredible force of the water — up to 1,000 lbs per square inch — rapidly spins these wheels to create a circular pattern and the necessary scrubbing action.

These newer high-pressure washes can use 1,200-1,500 litres of water per car, or the equivalent of 60-75 of those 20-litre pails you might use at home. To conserve water and reload for the next wash, these systems usually have a pressure tank situated nearby to recapture and recycle the water through a filtration process.

Once the car is washed, a

protective wax is often applied that is different from over-the-counter wax brands because it is formulated to also work on glass, chrome and rubber, though it does not provide the same level of protection or help to cover up/repair tiny scratches as standard wax does. Old habits die hard, and the results of one study might not persuade Butch or the other driveway do-it-yourselfers from changing their ways. In our little experiment, the touchless car wash performed surprisingly well, but left brake dust on the wheels and a few bugs in the grille.

But one thing is clear: given the choice between potential hazards from birds, bugs and trees, or those from either type of car wash, always choose the latter. TODD BURLAGE IS A FEATURE WRITER WITH WHEELBASE MEDIA. YOU CAN MESSAGE HIM USING THE CONTACT FORM AT WHEELBASEMEDIA.COM. WHEELBASE MEDIA IS A WORLDWIDE PROVIDER OF AUTOMOTIVE NEWS AND FEATURES STORIES.



DODGE
Caravan Kids

PROUD SPONSOR OF AMATEUR HOCKEY ACROSS CANADA

Less Fuel. More Power. Great Value is a comparison between the 2012 and the 2011 Chrysler Canada product lineups. 40 MPG claim based on 2012 EnerGuide highway fuel consumption estimates. Government of Canada test methods used. Your actual fuel consumption will vary based on driving habits and other factors. See retailer for additional EnerGuide details. Wise customers read the fine print. *... it's The Hurry Up to Trade Up Summer Clearance Event offers are limited time offers which apply to retail deliveries of selected new and unused models purchased from participating retailers on or after August 1, 2012. Retailer order/trade may be necessary. Offers subject to change and may be extended without notice. See participating retailers for complete details and conditions. **\$19,995 Purchase Price applies to 2012 Dodge Grand Caravan Canada Value Package (29E) only and includes \$8,000 Consumer Cash Discount. See participating retailers for complete details. Pricing includes freight (\$1,400-\$1,595), air tax (if applicable), tire levy and OMVIC fee. Pricing excludes licence, insurance, registration, any retailer administration fees, other retailer charges and other applicable fees and taxes. Retailer order/trade may be necessary. Retailer may sell for less. *\$1,500 Bonus Cash is available on all new 2012 Dodge Grand Caravan SXT and \$1,000 Bonus Cash is available on all new 2012 Dodge Journey SXT models except remaining Save the Freight models. Bonus Cash will be deducted from the negotiated price after the negotiated price before taxes. Amounts vary by vehicle. See your retailer for complete details. †4.79% purchase financing for up to 96 months available on the new 2012 Dodge Grand Caravan Canada Value Package (29E) with a Purchase Price of \$19,995 including Consumer Cash Discount financed at 4.79% over 96 months with \$0 down payment equals 208 bi-weekly payments of \$116 with a cost of borrowing of \$4,115 and a total obligation of \$24,109.52. Pricing for less. See your retailer for complete details. Example: 2012 Dodge Grand Caravan Canada Value Package (29E) includes freight (\$1,400-\$1,595), air tax (if applicable), tire levy and OMVIC fee. Pricing excludes licence, insurance, registration, any retailer administration fees, other retailer charges and other applicable fees and taxes. Retailer order/trade may be necessary. Retailer may sell for less. The Best Buy Seal is a registered trademark of Consumers Digest Communications LLC, used under license. ‡Based on Ward's 2011 Small Van Segmentation. Excludes other Chrysler Group LLC designed and/or manufactured vehicles. †Based on 2012 EnerGuide Fuel Consumption Guide ratings published by Natural Resources Canada. Transport Canada test methods used. Your actual fuel consumption will vary based on driving habits and other factors. 2012 Dodge Grand Caravan Canada Value Package - Hwy: 7.9 L/100 km (36 MPG) and City: 12.2 L/100 km (23 MPG). †The SiriusXM logo is a registered trademark of SiriusXM Satellite Radio Inc. *Jeep is a registered trademark of Chrysler Group LLC.



HURRY UP TO TRADE UP

SUMMER CLEARANCE EVENT

TRADE UP TO CANADA'S BEST SELLING MINIVAN.

2012 DODGE GRAND CARAVAN CANADA VALUE PACKAGE
CANADA'S BEST SELLING MINIVAN FOR 28 YEARS

36 MPG
HWY
7.9 L/100 KM HWY*

283 HP
BEST-IN-CLASS*



2012 Dodge Grand Caravan Crew shown.†

\$19,995*

PURCHASE PRICE INCLUDES \$8,000
CONSUMER CASH†, FREIGHT, AIR TAX, TIRE
LEVY AND OMVIC FEE. TAXES EXCLUDED.
OTHER RETAILER CHARGES MAY APPLY.†

OR CHOOSE

\$116 BI-WEEKLY
FINANCING†

@

4.79% FOR 96 MONTHS
WITH \$0 DOWN

STEP UP TO THE 2012 DODGE GRAND CARAVAN SXT

- Industry-Exclusive 2nd row Super Stow 'n Go® with one-hand operation
- Segment-Exclusive* Stow 'n Place™ roof rack
- 3rd row Stow 'n Go® with Segment-Exclusive* tailgate seating
- Centre front floor console with cup holders
- Deep-tint sunscreen glass
- Body-coloured door handles and bodyside moulding

\$18

MORE BI-WEEKLY
(INCLUDES \$1,500
BONUS CASH**)

*Your local retailer may charge additional fees for administration/pre-delivery that can range from \$0 to \$1,098 and anti-theft/safety products that can range from \$0 to \$1,298. Charges may vary by retailer.

SCAN HERE
FOR MORE GREAT OFFERS



LESS FUEL. MORE POWER. GREAT VALUE.

10 VEHICLES WITH 40 MPG HWY OR BETTER.



Dodge.ca/Offers

First-time new-vehicle buyers aren't so young

Talking about the old folks. You can sell a whippersnapper's car to an older person, but not the other way around



AUTO PILOT
Mike Goetz
drive@metronews.ca

In a recent study, with a sample size of one (me), the findings are that 50 might be the new 30, but only when you consider a very small and select group of body parts. All other body parts are very adamant about being 50 or better.

In another study, this time by the automotive research arm of Maritz Canada, and with a much larger sample size, the findings are that 50, or more precisely, 50.8, is the average age of new-vehicle buyers in this country. With such a large post-war baby boom in Canada, it shouldn't be a surprise that most buyers are 50-something, but it still seems surprising, or at least surprising-ish.

Now consider this: The average age of first-time buy-



Hyundai Veloster is targeted at Generation Y, but older drivers like it too. With more older buyers ready, willing and able to drive the vehicle home, they've pushed the medium age of the Veloster buyer in Canada to 46. CONTRIBUTED

ers is 38!

"This is not to say the 20-24 age group is not buying cars, just that they aren't buying them in numbers that people may think," says Chris Travel of Maritz Canada. "The action is with older customers, not only in sheer

numbers, but also in their ability to pay for vehicles."

Money is obviously a thing that can keep a young buck separated from a \$196,400 Porsche 911 Turbo S. One thing young people certainly have lots of is "no money."

John Vernile is vice

president of marketing at Hyundai Auto Canada. He notes that Hyundai's average buyer age hovers around 50, even when the vehicles are targeted to young people. For example, the medium age of Accent buyers is dead on 50, while the medium age of

Elantra buyers is 53. Again, this is not to say that young people don't buy them, they do, just that older folk buy more.

According to Maritz, when young people do buy new, they do head most to the subcompact and com-

pact segments. But considering how many older people buy the things too, it seems a bit weird to me somehow, that the marketing of these vehicles is so heavily skewed to the younger, beach volleyball set. But at least it conforms to an old auto industry maxim — you can sell a young person's car to an older person, but can't sell an older person's car to a younger person.

Vernile notes that Hyundai is particularly interested in the young buyer.

"Our loyalty rate, at 52 per cent, is among the highest in the industry. Once we get 'share of driveway' we tend to hang on to our customers, as they move through their life stages."

Another factor in this discussion, of course, is that this current crop of young people is just not as interested in getting behind the wheel as previous generations. We talked about this cultural shift before.

I still don't get it, but if middle age has taught me anything, it's that the list of things I don't get is infinite and expanding — so no sense in getting hung up on every little mystery that comes along.

CHEVROLET SUMMER BREAK EVENT

NEW LOWER CASH PRICES
ON LS MODELS

0% FOR UP TO 84 MTHS.
ON LT AND LTZ MODELS

EQUINOX

46 MPG HIGHWAY
6.1L/100 KM HWY | 9.2L/100 KM CITY*

BETTER HIGHWAY FUEL EFFICIENCY THAN CR-V, RAV4, SANTA FE & ESCAPE HYBRID*

2012 EQUINOX LS

CASH PRICE WAS \$27,495

CASH PRICE NOW \$25,495*

0% FOR UP TO 84 MTHS.
on LT and LTZ models**

OFFER INCLUDES FREIGHT, PDI, LEVIES & \$2,000 CASH CREDIT*. TAXES NOT INCLUDED.

- Bluetooth® with Steering Wheel Controls
- Power Windows and Door Locks with Remote Keyless Entry
- 17-in. Aluminum Wheels
- Air Conditioning
- OnStar® with 6-months of Turn-by-Turn Navigation

SLIDING REAR SEAT WITH BEST-IN-CLASS REAR SEAT LEGROOM*

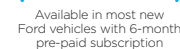
LET YOUR SUMMER BEGIN AT YOUR CHEVROLET DEALER TODAY.

THE BEST COVERAGE IN CANADA
5 YEARS
160,000 KM
POWERTRAIN COMPONENT LIMITED WARRANTY
ROADSIDE ASSISTANCE
CORROSION PROTECTION

VEHICLE PRICING IS NOW EASIER TO UNDERSTAND BECAUSE ALL OUR PRICES INCLUDE FREIGHT, PDI AND MANDATORY GOVERNMENT LEVIES.
Prices do not include applicable taxes and PPSA. Consumers may be required to pay up to \$799 for Dealer fees.**

For the latest information, visit us at chevrolet.ca, drop by your local Chevrolet Dealer or call us at 1-800-GM-DRIVE. *Offer applies to the purchase of 2012 Chevrolet Equinox LS FWD R7A. **\$2,000 is a manufacturer to dealer delivery credit (tax exclusive) for 2012 Chevrolet Equinox LS and is reflected in offers in this advertisement. Other cash credits available on most models. See dealer for details. *Freight & PDI (\$1,495), registration, air and tire levies and OMVIC fees included. Insurance, licence, PPSA, dealer fees and applicable taxes not included. Offers apply as indicated to 2012 new or demonstrator models of the vehicle equipped as described. Offers apply to qualified retail customers in the Ontario Chevrolet Dealer Marketing Association area only (including Outaouais). Dealers are free to set individual prices. Dealer order or trade may be required. Limited time offers which may not be combined with other offers. GMCL may modify, extend or terminate offers in whole or in part at any time without notice. Conditions and limitations apply. See dealer for details. ***Factory order or dealer trade may be required. 2012 Chevrolet Equinox equipped with standard 2.4L ECOTEC I-4 engine. Fuel consumption ratings based on Natural Resources Canada's 2012 Fuel Consumption Guide. Your actual fuel consumption may vary. **For more information go to ihsa.org/ratings. ©The Best Buy Seal is a registered trademark of Consumers Digest Communications, LLC, used under license. ®Bluetooth is a registered trademark of Bluetooth SIG Inc. ®Visit onstar.ca for coverage map, details and system limitations. Services vary by model and conditions. *Comparison based on 2012 Ward's segmentation: Middle/Cross Utility Vehicle and latest competitive data available and based on the maximum legroom available. Excludes other GM brands. †2012 Chevrolet Equinox LTZ, MSRP with freight, PDI & levies \$35,725. Dealers are free to set individual prices. **Offers available until August 31, 2012; participating lenders are subject to change. 0% purchase financing offered on approved credit by TD Auto Finance Services, Scotiabank® or Ally Credit for 84 months on new or demonstrator 2012 Chevrolet Malibu, Orlando (excluding LS and LT models), Equinox (excluding LS models), Cruze and Sonic (excluding LS models) and 2012 GMC Terrain (excluding SLE1 models); 72 months on 2012 Chevrolet Avalanche and Silverado Light Duty Trucks; 60 months on 2012 Chevrolet Traverse, 2013 Malibu, 2012 Buick Enclave and 2012 GMC Acadia; 48 months on 2013 Chevrolet Spark. Rates from other lenders will vary. Down payment, trade and/or security deposit may be required. Monthly payment and cost of borrowing will vary depending on amount borrowed and down payment/trade. Example: \$16,995 at 0% APR, the monthly payment is \$202.32 for 84 months. Cost of borrowing is \$0, total obligation is \$16,995. Offer is unconditionally interest-free.

visit us at:
www.ontariochevroletdealers.com



Got a cool car? Protect it with an appraisal



Wayne Copeland.
JIL MCINTOSH/FOR METRO

Driving Force.

Appraisers should factor a number of things, including the cost to replace your baby in an accident

JIL MCINTOSH
drive@metronews.ca

When an insurance company puts a value on your vehicle, it's usually based on basic data for its age, mileage and condition. That's fine for most cars, but if you have a collector vehicle, you should have the

extra protection of an appraisal.

"If you don't have an appraisal, you don't have insurance for replacement value," says Wayne Copeland, vice-president of business development for Antique & Classic Auto Appraisal Service.

"When there is a loss with a third-party appraisal, then the insurance company pays the agreed value."

While appraisals are most commonly for antique cars, they're useful any time there is added value, such as a newer vehicle that has been heavily modified. Copeland has also done appraisals for estate sales and divorce proceedings,

and in Ontario, you'll need one if you're buying a vehicle that's 20 years or older, to determine the sales tax.

There are no government standards for appraisers, and anyone can claim to be qualified. A poor appraisal runs the risk of incorrect value, and insurance companies are within their rights to refuse one that doesn't meet their standards.

Copeland says the appraiser must see the vehicle in person, and the appraisal should include the car's year and make, mileage, license number, condition, complete description, several photographs, and the appraiser's full contact information. You

should receive two copies: one for your files, and one to send to the insurance company.

The appraiser should also take various factors into consideration when determining a price, including what it would cost to fix following a crash. A 1957 Fiat may not be as valuable as a 1957 Chevrolet, for example, but replacement parts for the rarer Fiat could cost more than for the Chevy, which is popular enough that many companies stock parts.

You can ask your insurance company if it recommends any appraisers, and most importantly, if there are any whose work they re-

ject. Ask car club members if there's anyone they've used. And ask the appraiser if he's familiar with your vehicle. If he only does antique cars, for example, he may not know as much about customized ones. Your appraisal should be updated every few years to account for changing car prices, or if you do something that adds to its value, such as restoration or major modifications. And don't just think about cars.

"I've done boats, ATVs, tractors, anything that has a value for insurance, legal purpose or sale," Copeland says.

"It's all about protecting yourself."



End-of-season specials on all 2012 Subaru models

2012 LEGACY 2.5i

Cash purchase starting from

\$25,923*



CASH
REBATE
\$4,000
Dealer contribution
included

2012 IMPREZA 2.0i

Cash purchase starting from

\$21,923*



CASH
REBATE
\$1,500
Dealer contribution
included

2012 OUTBACK 2.5i Convenience

Cash purchase starting from

\$30,923*



CASH
REBATE
\$3,500
Dealer contribution
included

2012 FORESTER 2.5X

Cash purchase starting from

\$27,923*



CASH
REBATE
\$3,500
Dealer contribution
included

2.5X Touring Package shown



SUBARU

Confidence in Motion

JAPANESE ENGINEERED VEHICLES STANDARD WITH
SYMMETRICAL AWD



ALG AWARD WINNER
Best Mainstream
Brand*



Top Safety Pick: 2012 Subaru Lineup. [▲]
Subaru is the only manufacturer with IIHS Top Safety
Picks for all models, for the third year in a row.

*Ratings of "Good" are the highest rating awarded for 40-mph frontal offset, 31-mph side-impact and 20-mph rear-impact crash tests conducted by the Insurance Institute for Highway Safety (IIHS) (www.iihs.org). A "Good" rating obtained in all three crash tests plus a "Good" rating in new roof strength testing and the availability of Electronic Stability Control (ESC) (Vehicle Dynamics Control) achieves a 2012 Top Safety Pick. [▲]Based on ALG's 2012 Residual Value Award for Best Mainstream Brand. \$1,500/\$4,000/\$3,500/\$3,500 cash rebate offer is for cash purchases only and is available on 2012 Impreza 2.0i 5-speed models (CGI/CFI BP/TP/SP/LP)/2012 Legacy (all models)/2012 Outback (CD2 LN/36/LN6)/2012 Forester (all models). Cash rebate offer will be deducted from the negotiated price before taxes and cannot be combined with special finance or lease offers. *MSRP of \$19,995/\$25,995/\$23,995/\$28,995 on 2012 Impreza 2.0i 4-door (CFI BP)/Forester 2.5X (CJ1 X0)/Legacy 2.5i (CA1 BP)/Outback 2.5i Convenience Package (CD1 CP). Advertised pricing consists of MSRP plus charges for Freight/PDI (\$1,595), Air Tax (\$100), Tire Stewardship Levy (\$29.20), DMV/Fee (\$5), Dealer Admin (\$199). Freight/PDI charge includes a full tank of gas. Taxes, licence, registration and insurance are extra. \$0 security deposit. Model shown: 2012 Forester 2.5X Touring Package (CJ1 TP). MSRP of \$29,095. Dealers may sell or lease for less or may have to order or trade. Offers applicable on approved credit at participating dealers only. Leasing and financing programs available through Subaru Financial Services by TCCL. Other lease and finance rates and terms available; down payment or equivalent trade-in may be required. Vehicles shown solely for purposes of illustration, and may not be equipped exactly as shown. Offers available until September 4, 2012. See your local Subaru dealer for complete program details.

All prices include freight and fees. Excludes HST and licensing.



Éric Toulouse,
SALES MANAGER



SUBARU OUTAOUAIS

890 St-Joseph Blvd., Hull • (819) 777-4341 • subaruoutaouais.com

**WE ARE LOOKING
FOR USED SUBARU'S**

UP
TO **\$2,000**
DEALER SIGNING BONUS*



All-in from **\$18,695**. Excludes HST.

Delivering up to 1,000 km per tank of gas.*

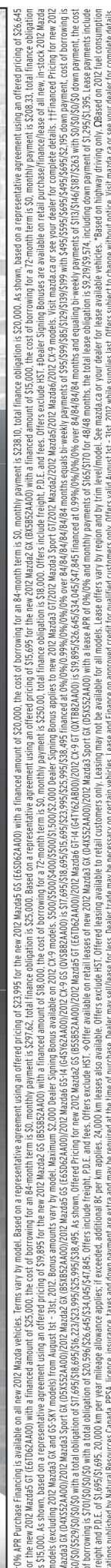
All-in from **\$15.695**. Excludes HST.

All-in from **\$23.995**. Excludes HST.

All-in from **\$25,995**. Excludes HST.

All-in from **\$38,495**. Excludes HST

zoom-zoom



Do you know where the dirt inside your car hides?

Although Canadians have a reputation for being neat and tidy, focusing on cleanliness doesn't appear to be a priority when it comes to our cars.

According to a survey conducted by Canadian Tire, almost half of Canadian drivers surveyed spend five to ten hours a week preparing or eating a meal in the kitchen and 83 per cent clean their regularly (more than once a week).

But when it comes to vehicles, we spend an average of five hours a week in our vehicles, and one in five admit

they don't immediately clean food and drink spills, leaving them to attract bacteria.

So where are the dirtiest places in your car and how do you clean them?

"The surfaces touched most frequently, like the steering wheel and cup holder, are usually the dirtiest places inside your car," said Melissa Honour, Canadian Tire's expert on auto cleaning. "One of the best things car owners can do is clean these high-use spots at least once a week. Many detailing products today not only

contain antibacterial agents, but also add an anti-static barrier against moisture, dust, oxidation, staining and fading."

A few more tips when you tackle the inside of your ride:

- Start with clearing out the garbage, loose change and junk from inside your car. Wipe down the dashboard, consoles and door panels to remove surface stains, spills and debris.
- Use an auto-glass cleaner on your interior windows to improve visibility, removing film build-up and streaks.

• For hard-to-reach places that cannot be easily vacuumed, try using a toothbrush to move the dirt to an accessible spot nearby and clean it up from there.

• With one in four Canadian drivers typically travelling with pets, deodorizing products like Autoglym Odour Eliminator are popular for keeping your vehicle smelling fresh.

• For leather seats, use a leather-specific cleaner on your car's interior to gently remove dirt and stains and help keep leather pliable.

NEWS CANADA



He's smiling because he hasn't cleaned the car's interior yet. NEWS CANADA

HELP WANTED

General Help



General Help

DRIVERS REQUIRED

... and think about joining our team.

M.L. BRADLEY LTD.

NOW HIRING call 613-835-2488

RENTALS

Rooms Furnished

Gatineau - 1 bdrm, 1 Bath, fully furnished 10 minute drive to downtown Ottawa. Washer, dryer and dishwasher all in unit. Everything included. 819-319-5823

PERSONALS

Personals

SEXY EUROPEAN EX-MODEL GONE WILD

21 yrs, 5'2/34c
Where Fantasies Become Reality
Avail. 24/7
613-600-8410

SERVICES

Financial

Need Ca\$h Today?

Loans up to \$10,000
Bad Credit? No Problem.
www.eazycash.ca
613-699-0011
Check Cashing, Car Title Loans, Money Transfers.

Mortgages

OWN A HOME?

Loaded with Debt? I can help! 1st, 2nd, 3rd Mortgages Re-Financing. Home Equity Loans. Debt Consolidation Loans. Bad Credit? Self-Employed? Bank said "No"? Fast approvals! Quick Closing!
Steve Daigle: sdaigle@tmacc.com
(613) 863-0649

Medical/Dental

The Caregard Group, Ottawa, ON 1 Registered Practical Nurse (RPN) req'd at Riverpark Place Retirement Residence located at Nepean, ON; Perm. f/t shift work 37.5 hrs /wk; completion of college/CEGEP/voc. or tech. training; Eligible for licensure; 1-2 yrs of related exp; geriatric & palliative care; \$20.75/hr; Email resume: crichtie@caregard.ca

Legal

FAMILY LAW ISSUES?

Get Help Now
susan b. arlitt
157 mcleod st

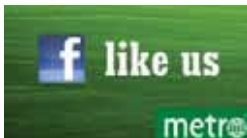
613-238-2424

HOUSEHOLD SERVICES

Trades

Billings Construction Services
Commercial & Residential
Renovations/Repairs/Handyman Services

Free Consultation & Estimates
No Project Too Big or Too Small
26 years exp/references
Call David @ 613-805-5320
gddavidbillings@gmail.com



Medical/Dental

Tutoring

Advantage Tutoring Services

Whether you need your High School Certificate to go onto post-secondary education or to get a better job, we can help you get there in months not years!

The GED (General Educational Development) is a High School Equivalency certificate that is accepted by Employers and Algonquin College.

- Advantage Tutoring Services offers:
- One-on-one tutoring - No group classes
 - Flexible schedules - Evening and weekend appointments available
 - Affordable - Monthly payments

613-233-3433
www.advantagetutoringservice.ca

Determine Your Goals.
Realize Your Dreams!

LOOK!

Advertise in this space for as low as \$10/day!!
Call 1-800-527-6767

General Services

COMPLETE BATHROOM RENOVATIONS \$4,800 + HST

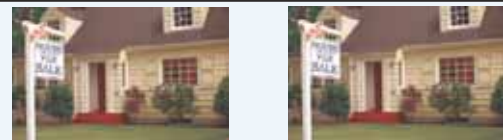
New Tub & Tiles, Toilet, Ceramic Floor, Vanity Cabinet & Sink, Mirror & Faucets (Demo & Prep included)
Certain Conditions Apply
S & S Home Renovations
613 291-0928 sshr123@rogers.com

M.J.M. VACUUMS
1061 Merivale Rd., Ottawa
Call John at: 613-724-4777
Central vacuums starting at \$399
Installation Available
Sales & Repairs All Kinds
COUPONS at www.mjmvacuums.com

Houses For Sale

Attention Realtors!

Want to reach over 92,600 daily Metro News readers?
Advertise your listings with Metro Classifieds.



2 Listings
Starting as low as
\$36 per day

Call 1-800-527-6767 to place your ad now!

Sell Your Stuff For FREE! Call 1-800-527-6767

Limited space Available Size 1.535" X .542", Limit 1/day, 2/wk

19 inch Tv apt size - \$70.00
Double box spring & mattress - \$275
613-560-5985

Call: 1-800-527-6767 today to book this space!
Size 1.535" X .542", Limit 1/day, 2/wk

DVD Player for Sale
with remote
Asking \$50.00
613-237-2866 or 613-371-1056-C

Fridge - \$100 • Dryer - \$50 • TV - \$25 • Dishwasher - \$100
Call 613-749-2265 / 613-749-4215

Limited spaces avail. Get yours today!
Call: 1-800-527-6767
Size 1.535" X .542", Limit 1/day, 2/wk

Sunbeam Breadmaker
Almost new \$60
Call (613) 560-5985

2 adjustable deck lounge chairs
1 metal, 1 hard plastic
cushions in excellent shape \$25.00 each
613-619-4256

Day Care Furniture
for sale
Please call
819-351-5260

Electric Wheelchair
very good condition
\$1200
(613)422-6447

Grandfather Clock & war clock • mantel
• ALL ANTIQUE •
Call for price and details.
(613)722-5407

Professional Bakery
Equipment
FOR SALE
819-351-5260

Toaster Oven New \$60
TV with stand \$100
Wardrobe and Much More
Please call 613-722-6699

2 sofa with recliner from Lazy boy, 9 months old. Asking \$500 each. • Desktop & coffee table from IKEA - \$20 each OBO
Call (613)867-1029

Dining room set & kitchen set for sale
Call (613)818-8257

Ethan Allan pair of sofa's plus love seat
\$500 for all 3
Floral print and excellent condition
613-745-6969

High speed industrial sewing machine.
Brand: Consew, Model 220. 1 part missing.
\$1000
Call (613)567-9505

ProForm Biovibe Vibration Bench
Features multiple levels of vibe & preprogrammed workouts. \$300 new, asking \$150 OBO
Call 613-729-2059

Winnie the Pooh baby bouncer
\$50
613-276-7303

Bescherelle 1, 2 and 3 (set), French Books - \$15 • New Poker Set - \$10
Call (613)733-2289

Don't wait until Spring, Sell Your Stuff
Call: 1-800-527-6767
Size 1.535" X .542", Limit 1/day, 2/wk

Fashionable Fascinators For All Occasions
(hats)
Various prices
613-825-7570

Like New:
Scrub Tops. Sizes 1x - 2x
\$7.00 each
613-823-4806

Rotisserie for bbq • wardrobe • long wooden table with folding legs • cabinets • lamp • pictures • much more
Call 613-729-7527 for details

Your Free Ad Here!
Call: 1-800-527-6767
Size 1.535" X .542", Limit 1/day, 2/wk

CLASSIFIEDS CUSTOMER SERVICE: 1 800 527-6767 - MONDAY TO FRIDAY 8:30 AM TO 6:00 PM (ATL) Metro requests that advertisers check their advertisement upon publication and advise Metro immediately if there are any copy errors in the advertisement as published. Metro will not be responsible for any error other than an incorrect insertion due to any act or omission of Metro. In any event Metro will only be responsible for one incorrect insertion of any particular ad regardless of the number of times such ad is run incorrectly. Metro's liability for any such error is limited to the amount actually paid by the Customer for a single publication of the advertisement in the space the ad is run. In no event shall Metro be liable for any non-insertion of any advertisement for any reason whatsoever. All copy is subject to the approval of the management of Metro. Metro reserves the right to classify all advertisements.

Horoscopes

♈ Aries

March 21 - April 20

Someone you work with will try to sabotage your efforts today. They won't succeed, but it might be an idea to ask yourself why they are being so mean. Most likely they are jealous of your popularity.

♉ Taurus

April 21 - May 21

Before a disagreement of some sort gets out of hand, try standing back and seeing things from the other person's point of view. Maybe you are being a bit too harsh. Maybe they need encouragement.

♊ Gemini

May 22 - June 21

Take care not to be wasteful over the next few days. No matter how much you think you need something and no matter how much of a bargain you believe it is, wait before reaching for your wallet.

♋ Cancer

June 22 - July 23

You may be rather emotional today but nothing bad will come of it. The important thing is that you don't allow yourself to overreact. Whatever your current problem may be, it's not the end of the world.

♌ Leo

July 24 - Aug. 23

You may not want to force a friend or loved one to do something against their will but you have no choice. The fact is you are going to have to crack the whip – it's the only way to get them moving.

♍ Virgo

Aug. 24 - Sept. 23

Different people have different personalities and because of that tend to look at the world in different ways. Bear that thought in mind when dealing with someone who, to your way of thinking, seems a bit stupid.

♏ Libra

Sept. 24 - Oct. 23

Someone in a position of power will give you a hard time today but now that you are aware of that fact, you can take evasive action. Stay out of their way if you can – and, if you can't, refuse to be riled.

♏ Scorpio

Oct. 24 - Nov. 22

Something that you committed to a few weeks ago no longer grabs you, mentally or emotionally, in the way it once did. Too Bad. You made a promise to other people, so you must see it through to completion.

♐ Sagittarius

Nov. 23 - Dec. 21

Never, ever allow yourself to get emotional about money. The moment you break this cardinal rule is the moment you start asking for trouble. If you need to cut your losses then do so.

♑ Capricorn

Dec. 22 - Jan. 20

Someone you work or do business with is being annoyingly obstructive and things will come to a head over the next 24 hours. A parting of the ways may well be the only option left open to you.

♒ Aquarius

Jan. 21 - Feb. 19

You seem to be lacking a sense of urgency at the moment, which is holding you back from starting something that could be good for you. Today's Mars-Saturn link will push you into action.

♓ Pisces

Feb. 20 - March 20

You may be tempted to go your own way and do your own thing but the planets warn you won't get far. Some things are better done in alliance with other people to spread the risk and share the joys of success. **SALLY BROMPTON**

Crossword: More Miscellany

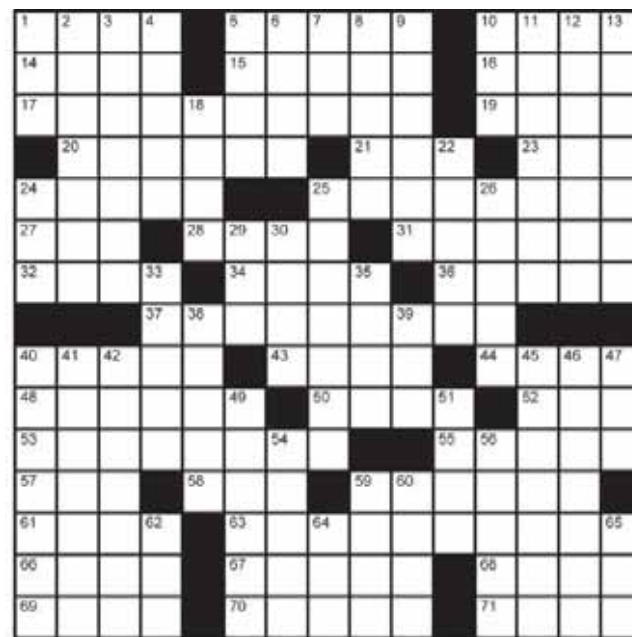
Across

1. US government agent, for short
5. "___ in the hand is worth two ..." (2 wds.)
10. Barber's concern
14. Tiny bit
15. Breezy Hawaiian room
16. Throb
17. Prominent Prairie Provinces feature
19. False god or idol
20. Ottawa-born songstress Morissette
21. Here: Fr.
23. 506: Rom. numerals
24. String quartet member
25. Canadian lawmen
27. Special connections
28. "Monster" that's really a lizard
31. ___ of Georgia: Gulf Islands location
32. Predicament
34. Pig sound
36. Leases out
37. July 1 holiday (2 wds.)
40. Room under the roof
43. Pro ___: proportionately
44. Agreed-on guidelines: abbr.
48. Knucklehead
50. Crypt
52. Picante
53. East Coast's ___ Provinces
55. "___ having fun yet?" (2 wds.)
57. "How was ___ know?" (2 wds.)
58. Bigheadedness
59. Like some measures (metres and feet, say)

61. Baseball scores
63. One of 53-Across (2 wds.)
66. Artist born Romain de Tiroff, from his French initials
67. Excluding, with "from"
68. Angers
69. Winter forecast
70. Rental contract
71. Not more

Down

1. Band's engagement
2. 8 miles from Lake Louise, this lake has same blue-green color and is named from the rockpile at one end
3. ___ for words: speechless (3 wds.)
4. Like some twangs
5. "___ Want for Christmas ..." (2 wds.)
6. Pasture sounds
7. B&B
8. AM/FM apparatus
9. Olympic saucer
10. Canadiens member, familiarly
11. Early French Canadian
12. Puzzle solver's exclamation (3 wds.)
13. Puts back on eBay
18. Cause of a delay
22. Prefix meaning "within" before "mural" or "venous"
24. High spirits
25. Landslide winner's claim
26. 3s in poker
29. Charged particle



Copyright © 2012 Michael W. Rosenberg

30. Perjurer
33. Space opera genre (2 wds.)
35. Green Hornet's sidekick
38. Less than 90°
39. BC Hydro structure
40. Regards highly
41. How a roast is done (perfectly) (3 wds.)
42. Argonauts' home

45. IMAX ___
46. Gifts or cash put up by bride's father
47. Sault ___ Marie
49. Cell phone requirement
51. BMO, for one: Fr.
54. ___ Jaw, SK
56. Add more lubricant
59. Fellows
60. "Understood!" (2 wds.)

62. Attach a button
64. Canadian National Rail's passenger subsidiary that became a separate Crown corporation in 1978
65. Donkey

Yesterday's crossword



What's online

See today's answers at metronews.ca/answers.



Sudoku

How to play

Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved. You solve the puzzle with reasoning and logic.

Yesterday's Sudoku

3	8	1	2	9	5	7	6	4
2	6	4	8	1	7	9	3	5
9	5	7	4	6	3	2	8	1
7	9	8	5	3	6	1	4	2
6	4	5	1	8	2	3	9	7
1	2	3	7	4	9	6	5	8
5	1	9	3	7	8	4	2	6
4	3	2	6	5	1	8	7	9
8	7	6	9	2	4	5	1	3

Today

25°/17°
Partly cloudy

Thursday

28°/16°
Mainly sunny

Know what the weather will be 14 days from now.
Check the 14 day trend.
©The Weather Network 2012

Read metro your money
every Tuesday for financial tips,
trends and advice.
Only in Metro. News worth sharing.

feel the rush
TRY IT FREE!
613.232.4444
Other Cities 1.888.482.8282

questchat.com

1.800.877.4444 • 525/50mm
Dial #CHAT(2428) /JB/wet
Text "QUEST" to 36668 55/50mm
Free trial not available on #CHAT

